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Sports

## North Penn swimmers eye return to top

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For The Times Herald

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For two decades, North Penn ruled the roost in District One Boys' Class AAA swimming. The Knights played "King of the Mountain" with the rest of the teams in the district and all the while never allowed any of them to ascend to the top.

That changed two years ago.

After 20 consecutive district titles, North Penn was knocked from the top spot by Upper Dublin. Last year, it was West Chester Henderson, not North Penn, hoisting the district team championship trophy.

Guess what — the Knights are back.

There are a number of very good teams around the district, including Upper Dublin and Henderson. But it does not appear that any team in the area has the depth needed to keep the Knights from reclaiming the crown.

The District One Boys' Class AAA Swimming Championships will be held today and Saturday at LaSalle University's Kirk Natatorium and North Penn will enter the meet as top seed in the 200-yard freestyle relay, second seed in the 200 medley relay and third seed in the 400 free relay.

Many coaches can bring all their qualifiers to the district meet in a small van; North Penn needs a full-size school bus. Scoring at the district meet goes through 16th place and the Knights have a ton of swimmers seeded in scoring position.

North Penn's best seeds are in the distance freestyle events with Jack Else, who is seeded third in the 500 free and fifth in the 200 free, and Sean McDonald, who has the fourth seed in the 500 free and the sixth seed in the 200 free.

Additionally, Peter Kolokithias is seeded eighth in the 200 free and 16th in the 100 free, and Patrick Dunegan is seeded 11th in the 500 free and ninth in the 200 IM. The Knights' other qualifiers with seeds in scoring position are Tomas Giminez (fifth, 100 breaststroke; 14th 200 IM), Craig Hennessy (seventh, 50 free), Nathan Chesmar (13th, 50 free; 13th, 100 free), Jason Deana (10th, 100 free) and Jacob Sisko (13th, 100 backstroke).

Adding to the Knights' potential for winning it all are seven swimmers who are in the next heat below scoring range and the points the Knights picked up from a third, a seventh and a 10th-place finish at last weekend's District 1 Diving Championships.

One of the area's highest-seeded individuals is Plymouth Whitemarsh's Alex Chialastri, who is seeded third in the 200 free and fourth in the 100 back. At last year's district meet, Chialastri medaled in the 200 IM and in the 100 fly.

Plymouth Whitemarsh's Kyle Lukens has the 10th seed in the 100 butterfly and the 14th seed in the 200 freestyle. The

Colonials also have the eighth seed in the 200 medley relay and 11th seed in the 200 free relay.

Upper Dublin has the top seed in the 200 medley relay and is seeded fifth in each of the freestyle relays. The Cardinals' top individual district qualifiers are Dave Derr, who is seeded sixth in the 100 backstroke and eighth in the 100 fly, and Alex Stine, who has the ninth seed in the 50 freestyle.

Methacton's will be led by Louie Seefeld, who has the second fastest qualifying time in the 100 breaststroke. The Warriors' other strong entries are Kyle Magee, who is seeded 11th in the 100 fly, 12th in the 200 IM, and Mike McBride, who is seeded 12th in the 50 free. The Warriors have the seventh spot in the 200 medley seedings and the 10th spot in the 200 free relay.

Upper Merion is the only area team that is competing in the Boys' Class AA meet. The Vikings' top qualifiers are Nick Eppinger (fifth, 200 free; 10th, 100 back), Jason Lameroux (sixth, 500 free; 11th, 200 free), Andrew Wisniewski (sixth, 100 free; ninth, 50 free), Peter Soll (ninth, 100 breast) and Kevin Soong (12th, 50 free).

In the relays, the Vikes are listed fourth in the 200 free relay, sixth in the 200 medley relay and seventh in the 400 free relay.

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