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Swimming North Penn boys and girls earn non-league wins

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By KEV HUNTER

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TOWAMENCIN — The North Penn boys swimming team doesn't usually face St. Joe's Prep, but Thursday might have started something new.

"On paper, we matched up really evenly," Knights coach Brian Daly said of the Hawks. "They've got some really talented individuals. Pat Olson can swim just about any event, and we knew they were gonna be pretty tough. Our guys really wanted to win this one at home, and post some good times heading into the three meets next week."

North Penn accomplished both of those goals, and overcame the effort put forth by Olson and St. Joe's to earn a 102-78 win at a spirited Rick Carroll Natatorium. The North Penn girls raised it up a notch midway through their meet to pull away from Mount St. Joe's, 108-75, as part of the double dual meet at NP.

The Knights had an opening in their schedule when the annual matchup with LaSalle fell through, so the Hawks seemed like a good replacement. Olson, winning both the 200 IM and 100 breast, provided enough competition on his own, and the Knights also got some motivation from each other.

"We have a lot of guys trying to compete for spots on relays, any anytime you have that kind of competition it's very healthy and very good for the overall team," Daly said. "That's exactly what was going on tonight — lots of guys fighting for spots on relays, fighting for the top three spots in individual events, and that makes coaching easy when you have that kind of dynamic on your roster."

The Knights' medley relay of Jacob Sisko, Tomas Gimenez, Matt Ortlieb and Jason Deana showed improvement, starting the meet with a first-place finish in 1 minute, 39.47 seconds.

Brandon Anders, in his first meet back after an illness, had a strong leadoff in the 200 free relay, another winner for the Knights (3-0). Sisko also turned in a nice split in the free relay, as North Penn now looks ahead to the Parkland quad meet on Saturday.

The Maidens (3-0) will also be making that trip, and recovered from a sluggish start on Thursday to stay unbeaten on the season.

"I really think we stepped it up after the diving," Maidens coach Matt Weiser said. "The team really took off, and that was nice to see."

The Maidens won the next six events, including two firsts by Eve Kosten, who joined Jan Ikeda as double individual winners for the NP girls.

"We're at a good spot for this time of year," Weiser said. "We have a ton of things to work on. Mount is a much improved team this year. They swam well. I give them a lot of credit, to come here and swim as well as they did. It was a great meet."

Boys Swimming

Non-League

North Penn 102, St. Joe's 78

at the Rick Carroll Natatorium

200 medley relay: 1. North Penn (Sisko, Gimenez, Ortlieb, Deana), 1:39.47; 2. North Penn, 1:46; 3. St. Joe's, 1:48.76

200 free: 1. Peter Kolokithias (NP) 1:49.83; 2. Scott Dennis (S) 1:50.73; 3. Jack Morris (NP) 1:50.79

200 IM: 1. Pat Olson (NP) 1:56.64; 2. Pat Dunigan (NP) 2:02.61; 3. Grant Ductor (SJ) 2:03.85

50 free: 1. Jason Deana (NP) 22.20; 2. Brandon Anders (NP) and Tomas Gimenez (NP) 23.31

Diving: 1. Nick Gallagher (NP) 232.70; 2. Logan Knauss (SJ) 223.60; 3. Josh Hoch (NP) 209.40

100 fly: 1. Matt Ortlieb (NP) 54.22; 2. Murphy Smith (SJ) 56.45; 3. Jack Morris (NP) 57.05

100 free: 1. Jason Deana (NP) 48.71; 2. Peter Kolokithias (NP) 49.65; 3. Eugene Feeley (NP) 51.74

500 free: 1. Pat Dunigan (NP) 4:56.98; 2. Scott Dennis (SJ) 5:02.04; 3. Grant Proctor (SJ) 5:14.33

200 free relay: 1. North Penn (Anders, Sisko, Kolokithias, Gimenez), 1:30.69; 2. St. Joe's, 1:33.03; 3. North Penn, 1:33.55

100 back: 1. Jacob Sisko (NP) 58.09; 2. Murphy Smith (SJ) 54.23; 3. Ryan Hibb (SJ) 1:00.49

* North Penn swam the final two events as exhibitions

100 breast: 1. Pat Olson (SJ) 1:01.63; 2. Tomas Gimenez (NP) 1:03.04; 3. Nick Poulin (SJ) 1:05.38

400 free relay: 1. North Penn (Deana, Feeley, Morris, Kolokithias), 3:20.43; 2. St. Joe's, 3:24.44; 3. North Penn, 3:33.37

Girls Swimming

Non-League

North Penn 108, MSJ 75

at the Rick Carroll Natatorium

200 medley relay: 1. North Penn (Patterson, Kosten, Else, Morris), 1:57.65; 2. Mount, 2:05.71; 3. North Penn, 2:01.45

200 free: 1. Jan Ikeda (NP) 2:00.50; 2. Alex Sullivan (M) 2:06.19; 3. Miranda Rafferty (M) 2:11.86

200 IM: 1. Christina Formica (M) 2:15.83; 2. Tara Rogers (NP) 2:17.76; 3. Lexi Meistre (NP) 2:23.11

50 free: 1. Katie O'Connell (M) 25.59; 2. Mary Morris (NP) 26.01; 3. Miranda Rafferty (M) 27.0

Diving: 1. Ashley Liss (NP) 221.60; 2. Erica Elias (NP) 210.40; 3. Brooke Else (NP) 160.45

100 fly: 1. Jan Ikeda (NP) 58.86; 2. Formica (MSJ) 1:01.96; 3. Lexi Meister (MSJ) 1:02.80

100 free: 1. Tara Rogers (NP) 54.92; 2. Brooke Else (NP) 55.87; 3. Dana Zielinski (MSJ) 57.44

500 free: 1. Eve Kosten (NP) 5:25.73; 2. Alex Sullivan (MSJ) 5:35.08; 3. Julie Krout (NP) 5:35.32

200 free relay: 1. North Penn (Ikeda, Morris, Else, Rogers), 1:42.64; 2. Mount, 1:44.22; 3. North Penn, 1:49.32

100 back: 1. Katie Patterson (NP) 1:03.88; 2. Dana Cinque (M) 1:06.82; 3. M.K. Meingossner (NP) 1:07.22

100 breast: 1. Eve Kosten (NP) 1:13.22; 2. Dana Zielinski (M) 1:14.97; 3. Alyssa Tate (NP) 1:16.99

400 free relay: 1. Mount, 3:52.63; 2. North Penn, 4:05.20; 3. Mount

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