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Sports

SWIMMING: Knights and Maidens swat away Green Hornets

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By KEV HUNTER

TOWAMENCIN — The Emmaus boys and girls swim teams came into Tuesday afternoon's meet with North Penn having owned the majority of the pool records at The Rick Carroll Natatorium.

But the Knights and Maidens reestablished that this was their pool, and this was their meet.

The North Penn girls — so close to knocking off the Green Hornets the past two years — scored a decisive 105-81 win over their rival, and the Knights defeated the Lehigh Valley power for the first time since 2004, coming from behind in the final event of the day to pull out a 94-92 victory.

The boys meet was tied 86-86 going into the 400 free relay, and then the Knights foursome of Peter Kolokithias, Jacob Sisko, Matt Ortlieb and Jason Deana swam a pool-record time of 3 minutes, 12.28 seconds to give North Penn the race, and the meet.

"You just can't think of a better way to send our seniors out," Knights coach Brian Daly said.

The order of that final foursome was reshuffled a bit to get the right strategy, and it paid off. Kolokithias, Sisko and Ortlieb — all seniors — kept it close, and then Deana, the lone junior in the bunch, touched more than two seconds before Emmaus did.

"It was just all out," Deana said.

"When the pressure's on, he seems to really rise up," Daly said of his anchor man.

Deana also swam an amazing 20.8 anchor split in the 200 free relay to give the Knights the win, another pool record, and ultimately point them towards an 11-0 finish in the regular season.

"That's just him swimming beyond his ability to get the meet won," Daly said.

The Knights celebrated their Senior Day by honoring each of their seniors shortly after the diving. They also celebrated Senior Day by getting solid performances in every event.

"To get one, two, three in the diving is a phenomenal momentum swing," said Daly, whose team took a 43-35 lead after their performance up on the board. "The rest of it was really the seniors setting the tone — they wanted this one, and they had some fantastic time drops, not only to win the meet but get some names up on the record board. Hopefully they'll stay up there for a little while."

The Emmaus girls stayed true to form by setting two pool records at NP, but the Maidens overcame that effort by winning seven of the other 10 events, including a one, two, three finish in the diving.

"This was a great win for the girls," said North Penn coach Matt Weiser, whose team capped an 11-0 regular season. "Two years ago, we tied Emmaus, and last year we lost by two. This meet was one that we had circled on the calendar — it was a meet we really wanted to do well in. We had a lot of great swims."

Two individual wins each by Jan Ikeda and Tara Rogers were key for the Maidens, who, along with the Knights, now get ready for the Suburban One League Continental Conference Swimming and Diving Championships, beginning on Feb. 16.

"I'm feeling pretty good about where they are right now," Weiser said of his team. "To come off the last three meets that we've had, swimming against Souderton, CB East and Emmaus, and finish the way we did and swim the way we did, I'm thrilled. I can't wait to see what we do at leagues and districts."

Boys Swimming

Non-League

North Penn 94, Emmaus 92

200 medley relay: 1. North Penn (Anders, Gimenez, Ortlieb, Sisko), 1:39.10; 2. Emmaus, 1:42.90; 3. Emmaus, 1:48.14.

200 free: 1. Peter Kolokithias (NP) 1:46.39; 2. Evan Paules (E) 1:47.01; 3. Greg Ritchie (E) 1:48.48.

200 IM: 1. Garrett Sharesky (E) 2:00.87; 2. Parker Edmonds (E) 2:01.69; 3. Pat Dunigan (NP) 2:02.04.

50 free: 1. Alex Muraro (E) 21.89; 2. Jason Deana (NP) 22.22; 3. Josh Hoch (NP) 23.15.

Diving: 1. A.J. Russo (NP) 238.75; 2. Josh Hoch (NP) 225.0; 3. Geoffrey Gagnon (NP) 182.85.

100 fly: 1. Matt Ortlieb (NP) 52.45; 2. Romain Decrop (E); 3. Jack Morris (NP) 55.26.

100 free: 1. Alex Muraro (E) 47.51; 2. Jason Deana (NP) 48.18; 3. Peter Kolokithias (NP) 48.69.

500 free: 1. Garrett Sharesky (E) 4:49.84; 2. Pat Dunigan (NP) 4:52.89; 3. Parker Edmonds (E) 4:56.41.

200 free relay: 1. North Penn (Hoch, Sisko, Gimenez, Deana), 1:27.80 (pool record); 2. Emmaus, 1:28.31; 3. Emmaus, 1:31.60.

100 back: 1. Romain DeCrop (E) 54.30; 2. Sisko (NP) 56.04; 3. Brandon Anders (NP) 57.45.

100 breast: 1. Evan Paules (E) 59.58; 2. Tomas Gimenez (NP) 1:01.77; 3. Ryan Woltornist (E) 1:02.50.

400 free relay: 1. North Penn (Kolokithias, Sisko, Ortlieb, Deana), 3:12.28 (pool record); 2. Emmaus, 3:14.77; 3. Emmaus, 3:24.16.

Girls Swimming

Non-League

North Penn 105, Emmaus 81

200 medley relay: 1. North Penn (Patterson, Morris, Ikeda, Rogers), 1:52.72; 2. Emmaus, 1:54.27; 3. North Penn, 1:59.94.

200 free: 1. Taylor O'Brien (E) 1:54.38; 2. Eve Kosten (NP) and Brooke Else (NP) 1:59.88.

200 IM: 1. Jan Ikeda (NP) 2:14.97; 2. Taylor lobst (E) 2:15.90; 3. Danielle Thomas (E) 2:18.76.

50 free: 1. Tara Rogers (NP) 25.28; 2. Mary Morris (NP) 25.52; 3. Maura Brennan (E) 26.03.

Diving: 1. Ashley Liss (NP) 234.70; 2. Heather Paolone 220.70; 3. Erica Elias (NP) 219.60.

100 fly: 1. Jan Ikeda (NP) 57.74; 2. Allie Roberts (E) 59.09; 3. Katie Patterson (NP) 1:04.21.

100 free: 1. Rogers (NP) 53.91; 2. Brooke Else (NP) 54.46; 3. Maura Brennan (E) 56.46.

500 free: 1. Taylor O'Brien (E) 5:02.89 (pool record); 2. Natalie Schaeffer (E) 5:21.37; 3. Eve Kosten (NP) 5:28.21.

200 free relay: 1. North Penn (Kosten, Morris, Stearns, Else), 1:42.37; 2. Emmaus, 1:46.43; 3. North Penn, 1:46.91.

100 back: 1. Allie Roberts (E) 57.86 (pool record); 2. Taylor lobst (E) 1:02.04; 3. Katie Patterson (NP) 1:03.99.

100 breast: 1. Danielle Thomas (E) 1:11.61; 2. Julie Krout (NP) 1:11.68; 3. Morris (NP) 1:11.91.

400 free relay: 1. Emmaus (O'Brien, Brennan, Roberts, lobst), 3:39.67; 2. North Penn, 3:39.87; 3. Emmaus, 3:57.30.

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