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Sports

SOL GIRLS SWIMMING: North Penn still queens of Continental

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TOWAMENCIN — Freshman Tara Rogers kind of typified the performance of the North Penn girls swim team on Saturday morning: she had plenty to be proud of, but maybe the best is yet to come.

The youngster won two individual gold medals and also swam on the winning 200 medley and 400 free relays to lead the Maidens to a first-place finish at the Suburban One League Continental Conference Swim Championships, as North Penn followed up an undefeated regular season in commanding fashion.

The Maidens won six of the meet's 11 events at a packed Rick Carroll Natatorium, including the 100-meter freestyle, where North Penn's Brooke Else swam a 54.75 to earn the silver, and Rogers gutted out a 54.35 to win the gold.

"I was really tired, but I just wanted to finish it right to the wall," she said happily afterwards. "It wasn't so much about the times — we just needed the places."

Rogers' other individual win came in the 50 free, and she also led off the gold medal 400 free relay, and got the morning going by anchoring the winning 200 medley relay.

"After that, I felt pretty good, and that relay did really well so I felt pumped up," said Rogers, who teamed up with Katie Patterson, Mary Morris and Jan Ikeda for a first-place time of 1:53.01.

The Maidens also got wins from Brooke Else in the 200 free and Jan Ikeda in the 100 butterfly, as NP racked up 440 points, topping the 419 posted by Central Bucks East and the 368 by Souderton Area. North Penn was able to defend its title against some of the best competition in the state.

"You always want to add the numbers up to the banners," Maidens coach Matt Weiser said of another conference crown.

And speaking of numbers, North Penn has 18 headed to districts, but that could increase at the Last Chance Meet at Hatboro-Horsham on Wednesday.

"I still think we have a couple more people that can squeeze in," the coach said.

Souderton saw its districts number grow to 13 after an impressive showing at NP.

"I would say it was our best meet so far for the second half of the season," coach Todd Bauer said. "The kids were really

relaxed on the bus ride over, laughing, having a good time. They were excited."

Laureana Zrada showed her excitement — and stamina — in the 500 free, swimming to a gold-medal finish for Big Red. Zrada, just a sophomore, also won silver medals in the 200 free and as part of the 400 free relay.

April Kichline also showed her stuff on Saturday, as the freshman was impressive in all four of her swims. She had a 24.98 anchor split to help the Indians win bronze in the 200 medley relay, and she also swam district times in both her individual events, good for fifth in the 50 free and fourth in the 100 breast.

Kichline also swam a 25.17 split on the third leg of the 200 free relay, joining Alyssa Santangelo, Ann Fadden and Chloe Thomas to win gold.

Souderton finished out its day by earning silver in the 400 free relay, second only to North Penn and its fast freshman leadoff.

"She swam great," Weiser said of Rogers. "It's nice because she has a lot of room to improve too."

"You keep working hard at practice, and eventually you're gonna see results," Rogers said. "Once we start tapering, it's gonna be good for the team."

Next up is the District One Diving Championships Friday and Saturday at Upper Dublin High School, followed by the swimming portion of districts the following weekend at LaSalle University.

Suburban One League

Continental Conference

Girls Swim Championships

at The Rick Carroll Natatorium

Team Scoring: 1. North Penn (NP) 440; 2. CB East (CBE) 419; 3. Souderton (S) 368; 4. CB South (CBS) 245; 5. Hatboro-Horsham (HH) 212; 6. CB West (CBW) 194; 7. Pennridge (P) 123; 8. Quakertown (Q) 101.

200 medley relay: 1. North Penn (Katie Patterson, Mary Morris, Jan Ikeda, Tara Rogers), 1:53.01; 2. CB East, 1:53.85; 3. Souderton, 1:53.97.

200 free: 1. Brooke Else (NP) 1:58.63; 2. Laureana Zrada (S) 1:58.67; 3. Sarah Richards (CBE) 1:59.42.

200 IM: 1. Lauren Ahrens (CBS) 2:09.67; 2. Jan Ikeda (NP) 2:15.82; 3. Alyssa Santangelo (S) 2:18.09.

50 free: 1. Tara Rogers (NP) 25.14; 2. Chloe Thomas (S) 25.24; 3. Chelsea Weiss (P) 25.25.

100 butterfly: 1. Jan Ikeda (NP) 57.95; 2. Andie Blaser (CBW) 1:00.86; 3. Kendall Kirsteier (CBE) 1:01.18.

200 free relay: 1. Souderton (Alyssa Santangelo, Ann Fadden, April Kichline, Chloe Thomas), 1:40.31; 2. North Penn, 1:42.04; 3. CB East, 1:43.38.

100 freestyle: 1. Tara Rogers (NP) 54.35; 2. Brooke Else (NP) 54.75; 3. Kelsey Schmidt (CBS) 55.09.

500 freestyle: 1. Laureana Zrada (S) 5:23.60; 2. Rachel Riemenschneider (HH) 5:25.16; 3. Sarah Richards (CBE) 5:25.73.

100 backstroke: 1. Lauren Ahrens (CBS) 1:00.53; 2. Alyssa Santangelo (S) 1:01.26; 3. Chelsea Weiss (P) 1:02.71.

100 breaststroke: 1. Sydney Mrozinski (CBS) 1:10.53; 2. Ellie O'Brien (CBE) 1:10.56; 3. Katie Dempster (CBE) 1:10.58.

400 free relay: 1. North Penn (Tara Rogers, Brooke Else, Eve Kosten, Jan Ikeda), 3:39.96; 2. Souderton, 3:42.93; 3. CB East, 3:44.71.

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