

Swimming: CB South's Mrozinski provides surprise result

By: Todd Thorpe phillyBurbs.com

By Bill Keen
Staff Writer

TOWAMENCIN — Very few people were surprised Saturday when Central Bucks South's Lauren Ahrens won the 200-yard individual medley and the 100-yard backstroke at the Suburban One League Continental Conference girls swimming championships.

Likewise with North Penn's Tara Rogers; the freshman was expected to contend in both the 50 and 100 freestyles, but nobody should have been all that shocked when she won them both.

The blindside in the breaststroke was a different story — absolutely nobody saw that one coming, mainly because the winner, CB South's Sydney Mrozinski, didn't even swim in the fourth and fastest heat.

She won heat No. 3 in 1 minute, 10.53 seconds, but had something entirely different besides a gold medal on her mind.

"The first thing I thought was, 'Did I make districts?' That was the first thing, and I did," said Mrozinski, whose seed time, 1:14.40, was just off the 1:14 PIAA District One Class AAA qualifier. "I just wanted to keep up with the girls next to me and make districts; that was my only goal."

When the fastest heat, the fourth, was won by Central Bucks East's Ellie O'Brien in 1:10.56, Mrozinski wasn't watching.

"I saw I made districts and I went back to see my coaches," the sophomore said. "They started freaking out, going, 'You're the champ, you're the champ,' and I thought, 'Oh my God, I'm the champ,' and I told my mom."

By comparison, Ahrens did the expected and won the IM in 2:09.67, even though she trailed North Penn's Jan Ikeda after the first leg, the butterfly.

"It's my least favorite (stroke), and I knew Jan would be ahead of me and would have a big enough lead after fly that she would be right with me in backstroke," Ahrens said of her specialty. "I had to turn it on in the second half, and hard, too, because I knew that (East's) Katie Dempster next to me was a breaststroker; (the strengths) are all throughout the field, so you have to focus on them all."

Her win in the backstroke was a little tougher when Souderton's Alyssa Santangelo pressed her wire to wire, but the Titans' standout was able to pull away in the final 15 yards.

Although she is only a freshman, Rogers' confidence in her ability to win has grown exponentially with each meet. She was seeded first in the 100 free, but was unfazed by her second seed behind Souderton's Chloe Thomas in the 50, largely because she already had the anchor leg of the Maidens' gold medal-winning 200 medley relay team under her belt.

"I'm a competitive person, so I wanted to know that before districts, I could get out there and swim fast," Rogers said. "In the 200 (medley) relay, I felt good and when the relay (won). I was pumped up after that."

"(The last lap of the 100), I was really tired, but I just wanted to finish it and get to the wall."

The race for the team championship was closer than expected, but North Penn had enough depth to hold off CB East. The Maidens finished with six golds and 440 points; the Patriots didn't have any wins, but they did have outstanding grouping and were second with 419. Souderton (368), CB South (245) and Hatboro-Horsham (212) completed the top five.

Suburban One League Continental Conference

Girls Swimming Championships

(at North Penn)

Team standings: 1. North Penn, 440; 2. Central Bucks East, 419; 3. Souderton, 368; 4. Central Bucks South, 245; 5. Hatboro-Horsham, 212; 6. Central Bucks West, 194; 7. Pennridge, 123; 8. Quakertown, 101.

200-yard 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 freestyle:** 1. Brooke Else (N), 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. Ikeda (NP), 2:15.82; 3. Alyssa Santangelo (S), 2:18.09; **50 freestyle:** 1. Rogers (NP), 25.14; 2. Chloe Thomas (S), 25.24; 3. Chelsea Weiss (PR), 25.25; **100 butterfly:** 1. Ikeda (NP), 57.95; 2. Andie Blaser (CBW), 1:00.86; 3. Kendall Kirsteier (CBE), 1:01.18; **200 freestyle relay:** 1. Souderton (Santangelo, Ann Fadden, April Kichline, Thomas), 1:40.31; 2. North Penn, 1:42.04; 3. CB East, 1:43.38; **100 freestyle:** 1. Rogers (NP), 54.35; 2. Else (NP), 54.75; 3. Kelsey Schmidt (CBS), 55.09; **500 freestyle:** 1. Zrada (S), 5:23.60; 2. Rachel Riemenschneider (H-H), 5:25.16; 3. Richards (CBE), 5:25.73; **100 backstroke:** 1. Ahrens (CBS), 1:00.53; 2. Santangelo (S), 1:01.26; 3. Weiss (PR), 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 freestyle relay:** 1. North Penn (Rogers, Else, Eve Kosten, Ikeda), 3:39.96; 2. Souderton, 3:42.93; 3. CB East, 3:44.71.

Bill Keen can be reached at 215-345-3185 or bkeen@phillyburbs.com.

February 19, 2011