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Sports

DISTRICT 1 SWIMMING: Ikeda, Deana get NP off to golden start

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PHILADELPHIA — The fashion statement by the North Penn boys swim team on the first day of districts was a collective choice to sport blue bandanas, which added a little personality to the shaved-head look that is the norm at swim meets held this time of year.

The statement the Knights made in the pool, meanwhile, has them on their way to their first district crown since 2007.

Jason Deana won gold in the 50-meter freestyle, led off the silver-medal winning 200 free relay, and the Knights medaled in all six events to build a commanding 180-136 lead over second-place Upper Dublin heading into Day Two of the District One Class 3A Swim Championships at LaSalle University's Kirk Pool.

The North Penn girls, led by Jan Ikeda's gold-medal effort in the 100 butterfly, trail first-place Upper Dublin by just one point in the standings, as the Knights and Maidens have a chance of pulling off a sweep of the team titles.

"I gotta give our senior leadership a lot of credit," said Knights coach Brian Daly. "They really set the tone for what they wanted to accomplish here. And I think the medley relay set the tone for the day. They had a nice time drop — it's been a while since we had a medley go that fast. And we got some momentum going with Peter (Kolokithias) making it up to the podium in the 200 free. It was a good, solid day one. We certainly can't kick back and relax — there are a lot of phenomenal teams here. We gotta get a little rest, and come back for a strong performance in Day Two."

The Knights got things going Friday morning by swimming a time of 1 minute, 35.77 seconds in the medley, as a team of sophomore Brandon Anders, junior Tomas Gimenez, senior Matt Ortlieb and senior Jacob Sisko combined their efforts to win bronze.

Kolokithias then got seventh in the 200 free to add 12 points to NP's total. And in the 200 IM, the medal stand was crowded with Knights, as three different NP swimmers made the top eight, led by Pat Dunigan's silver-medal finish. A total of four North Penn swimmers earned points in the event, including Kevin Dunigan, who had a big time drop to place 12th.

Then came time for Deana's great time — he swam a 21.17 to touch just before Alex Bauer of Owen J. Roberts (21.19) in the 50 free.

"The 50's a crapshoot, so I knew I had a shot but it wasn't anything definite," Deana said happily after receiving his gold medal. "It was a slim shot. I just felt good. I hear that my turn was pretty good — I couldn't tell but they said that's when I pulled ahead a little. I guess it was pretty much my turn (that did it)."

"That's a great time for him," Daly said of Deana, a junior. "We have a group that has worked very hard collectively, and I think it's starting to pay off here a little bit."

Ortlieb earned a fifth-place finish in the 100 butterfly for the Knights, and the 200 free relay finished things off with a team of Deana, Gimenez, Anders and Jacob Sisko winning silver in 1:26.41.

"We're definitely excited — we know this is the meet we have to swim fast and this is the meet we've been training for since early November," Deana said. "We know what we have to do, and we just want to capitalize on anything we can. We have the momentum."

North Penn takes a 44-point lead — and swimmers in every event — into today.

"I think every swim we had today was a lifetime best," Daly said. "That's really all you can ask for. It was great to see all of our seniors drop time and all of the excitement on the team - when guys are doing well, it's a great feeling, great to see."

Ikeda wins gold

Later in the day, North Penn senior Jan Ikeda won her first district gold medal, leading from start to finish in the Class 3A 100 butterfly.

"It felt amazing," Ikeda said happily after her trip to the medal stand. "I felt very smooth. Based on my first stroke, I knew that this was my race."

In a key race that also had team-title implications, Ikeda beat out Upper Dublin's Erin Regan for top honors — Ikeda touched in 56.46 and Regan's time was a 57.33. Ikeda, who earned the bronze in the event last year, dropped more than a second off her previous district time.

"I hope (we can win the team title)," the senior said, whose team has swimmers in all five events today. "We're working towards it, and so excited. We're pumped and ready to do it, so we better."

The Maidens' day was bookended by silver medals in the 200 medley and 200 free relays.

Seniors Katie Patterson, Mary Morris, and Ikeda, and freshman Tara Rogers teamed up in the medley (1:48.89), and Rogers, Morris, Eve Kosten and Brooke Else got it done in the 200 free (1:37.41).

"It was rocky in the beginning of the season (for the medley), but we finally got our group together," said Ikeda, who helped the foursome improve greatly on their seed time. "We know how each other work, and where our strengths are in the relay, and what our goals are."

Ikeda will swim on the 400 free relay today, the final event, and that could determine the team title.

"I have the whole day to mentally prepare," she said smiling.

Day Two of districts will be held today at LaSalle, with the boys competition starting at 9 a.m. and the girls event beginning at 2:30 p.m.

Boys swimming

District One championships

Class AA

Team standings

1. Springfield (M), 237.5 points; 2. Bishop Shanahan, 160; 3. Upper Perkiomen, 155; 4. Holy Ghost Prep, 141; 5. Upper Perkiomen, 113; 6. Pottsgrove, 104; 7. Sun Valley, 77; 8. Upper Moreland, 69.5; 9. Lower Moreland, 53; 10. (tie) Harriton, Phoenixville, 35.

Individual results

200-yard medley relay: 1. Springfield (M) (James McCreavy, Ryan McWilliams, Matthias Bell, Chris McTear) 1:40.74; 2. Holy Ghost Prep, 1:41.76; 3. Pottsgrove, 1:42.29; 4. Upper Perkiomen, 1:43.28; 5. Upper Merion, 1:45.25; 6. Upper Moreland, 1:47.38; 7. Bishop Shanahan, 1:48.40; 8. Lower Moreland, 1:50.04.

200 freestyle: 1. Nathan Reed (Delco Christian) 1:41.97 (meet record, previous mark 1:43.85 by Ryan Reeser, Garnet Valley, 2003); 2. Brendan McCarthy (Bishop Shanahan) 1:46.41; 3. Jesse Fallon (Springfield M) 1:47.94; 4. Bill Riley (Springfield M) 1:49.61; 5. Michael Rokosny (Pope John Paul II) 1:50.55; 6. Jason Lamoreaux (Upper Merion) 1:51.46; 7. Ondrej Maxian (New Hope- Solebury) 1:51.60; 8. Aidan Wilson (Bishop Shanahan) 1:51.90.

200 individual medley: 1. Tyler Gross (Pottsgrove) 2:02.48; 2. Chris Doherty (Holy Ghost Prep) 2:04.93; 3. Chris Pompili (Sun Valley) 2:05.12; 4. Keith Weaver (Springfield M) 2:07.11; 5. Collin Junk (Upper Perkiomen) 2:08.44; 6. Zak Kibler (Upper Perkiomen) 2:09.59; 7. Kyle Reynolds (Bishop Shanahan) 2:09.94; 8. Peter Soll (Upper Merion) 2:14.09.

50 freestyle: 1. Daniel Gosek (Holy Ghost Prep) 20.91 (meet record, previous mark 21.48 by Al Augustine, Lansdale Catholic, 2008); 2. Jake Oeschger (Springfield M) 21.72; 3. Ryan McWilliams (Springfield M) 21.73; 4. Joe McErlain (Bishop Shanahan) 21.92; 5. Rob Lowery (Delaware County Christian) 21.97; 6. Chris McTear (Springfield M) 22.05; 7. Michael Williams (Bishop Shanahan) 22.40; 8. Kyle Himmelwright (Upper Perkiomen) 22.89.

100 butterfly: 1. Konstathis (Pottsgrove) 53.71; 2. Bell (Springfield M) 54.13; 3. Mason Cassel (Upper Perkiomen) 54.44; 4. Pompili (Sun Valley) 55.82; 5. Chris Doherty (Holy Ghost Prep) 56.17; 6. John Hacking (Springfield M) 56.44; 7. Matthew Grajweski (Pope John Paul II) 56.74; 8. Matthew Rose (Upper Perkiomen) 57.78.

200 freestyle relay: 1. Springfield M (McTear, Riley, McWilliams, Oeschger), 1:26.83 (meet record, old mark 1:28.00 by Garnet Valley, 1998); 2. Bishop Shanahan, 1:30.71; 3. Pottsgrove, 1:33.5; 4. Upper Moreland, 1:33.56; 5. Upper Merion, 1:33.84; 6. Upper Perkiomen, 1:34.68; 7. Holy Ghost Prep, 1:37.41; 8. Lower Moreland, 1:37.69.

Class AAA

Team standings

1. North Penn, 180 points; 2. Upper Dublin, 136; 3. Central Bucks East, 104.5; 4. West Chester Henderson, 94; 5. Avon Grove, 92; 6. Downingtown West, 79; 8. Hatboro-Horsham, 63; 9. Plymouth-Whitemarsh, 62; 10. Souderton, 54.

Individual results

200-yard medley relay: 1. Upper Dublin (Bobby Bantley, Cooper Tollen, Zach Brech, Ashton Leyens) 1:35.12; 2. Avon Grove, 1:35.53; 3. North Penn, 1:35.77; 4. Haverford, 1:35.83; 5. Plymouth-Whitemarsh, 1:36.35; 6. Central Bucks East, 1:37.25; 7. Downingtown West, 1:38.41; 8. Hatboro-Horsham, 1:38.85.

200 freestyle: 1. Shane Ryan (Haverford) 1:39.40 (meet record, previous mark 1:39.62 by Shane Austin, 2009); 2. Alex Chialastri (Plymouth-Whitemarsh) 1:40.80; 3. Ashton Leyens (Upper Dublin) 1:41.92; 4. Nic Graesser (Conestoga) 1:42.05; 5. John Maza (West Chester Henderson) 1:42.90; 6. Andrew Blyskal (Avon Grove) 1:43.50; 7. Peter Kolokithias (North Penn) 1:44.44; 8. John Quagliariello (Springfield D) 1:44.81.

200 individual medley: 1. Thomas McCormick (West Chester Henderson) 1:53.99; 2. Patrick Dunigan (North Penn) 1:56.95; 3. Kerry Thompson (Central Bucks East) 1:56.99; 4. Ryan Hausler (Avon Grove) 1:58.13; 5. Tomas Gimenez (North Penn) 1:58.95; 6. Aaron Cancro (Spring-Ford) 1:59.13; 7. Connor Yoo (Bayard Rustin) 1:59.49; 8. Matt Ortlieb (North Penn) 1:59.54.

50 freestyle: 1. Jason Deana (North Penn) 21.17; 2. (tie) Alex Bauer (Owen J. Roberts), Riley Weber (Central Bucks East) 21.19; 4. Alex Klinecicz (Lower Merion) 21.23; 5. Mike Shaeffer (Hatboro-Horsham) 21.34; 6. Bantley (Upper Dublin) 21.35; 7. David Zurmuhl (Pennridge) 21.59; 8. (tie) Shane Bonner (Ridley), Hunter Mountain (Coatesville) 21.60.

100 butterfly: 1. Andrew Kosic (West Chester Henderson) 48.69 (meet record, previous mark 48.87 by Kosic, 2009); 2. Kyle Lukens (Plymouth-Whitemarsh) 50.49; 3. Brian Wall (Upper Dublin) 51.30; 4. Kyle Magee (Methacton) 51.64; 5. Ortlieb (North Penn) 51.84; 6. Tyler Rauth (Downingtown West) 51.87; 7. Kevin Magee (Central Bucks East) 52.27; 8. Zach Brech (Upper Dublin) 52.45.

200 freestyle relay: 1. West Chester Henderson (Kosic, McCormick, Brian Whitehead, Maza), 1:25.07; 2. North Penn, 1:26.41; 3. Central Bucks East, 1:27.36; 4. Avon Grove, 1:29.39; 5. Upper Dublin, 1:28.21; 6. Hatboro-Horsham, 1:28.76; 7. Coatesville, 1:28.95; 18. Council Rock North, 1:29.22.

Girls swimming

District One championships

Class AA

Team standings

1. Villa Maria, 304 points; 2. Springfield M, 168; 3. Nazareth Academy, 151; 4. Phoenixville, 123; 5. Upper Moreland, 107; 6. Merion Mercy, 95; 7. Upper Merion, 69; 8. Upper Perkiomen, 59; 9. Gwynedd Mercy, 56; 10. Harriton, 41.

Individual results

200-yard medley relay: 1. Villa Maria (Kaitlin Alvanos, Olivia Tierney, Lauren Law, Molly O'Brien), 1:49.63; (meet record, previous mark 1:50.02 by Springfield M, 2007); 2. Phoenixville, 1:52.20; 3. Springfield M, 1:53.65; 4. Nazareth Academy, 1:53.90; 5. Merion Mercy, 1:57.07; 6. Upper Moreland, 1:58.96; 7. Upper Perkiomen, 2:01.01; 8. Gwynedd Mercy, 2:04.03.

200 freestyle: 1. Lizzie Manning (Merion Mercy) 1:57.99; 2. Caroline Kelly (Merion Mercy) 1:58.17; 3. Lauren Hirst (Nazareth Academy) 1:58.77; 4. Amber Saint Clair (Upper Moreland) 1:59.06; 5. Courtenay Wilcox (Upper Merion) 1:59.30; 6. Julia Wisler (Villa Maria) 1:59.97; 7. Claire Schumann (Villa Maria) 2:00.04; 8. Natalie Schumann (Villa Maria) 2:01.56.

200 individual medley: 1. Law (Villa Maria) 2:09.07; 2. Shannon Harrington (Nazareth Academy) 2:09.38; 3. Tierney (Villa Maria) 2:12.49; 4. Jaime King (Pope John Paul II) 2:12.90; 5. Taylor Mateja (Upper Merion) 2:15.78; 6. Devonne Moore (Phoenixville) 2:16.35; 7. Allie Manning (Merion Mercy) 2:18.50; 8. Rachel Munger (Springfield M) 2:18.86.

50 freestyle: 1. Sarah Hitchens (Villa Maria) 24.22; 2. O'Brien (Villa Maria) 24.65; 3. Meaghan Harrington (Nazareth Academy) 25.18; 4. Julia Murphy (Villa Maria) 25.29; 5. Jules Marble (Springfield M) 25.67; 6. (tie) Shawna Moore (Phoenixville), Eileen Butler (Phoenixville) 25.82; 8. Taylor Jacobs (Upper Merion) 26.11.

100 butterfly: 1. Alvanos (Villa Maria) 1:00.20; 2. Jeannie Grieve (Springfield M) 1:01.27; 3. Caitlin Coughlin (Octorara) 1:02.34; 4. Moore (Phoenixville) 1:03.07; 5. Meghan Smith (Springfield M) 1:03.48; 6. Devyn Ford (Springfield M) 1:04.47; 7. Davies (Villa Maria) 1:04.68; 8. Schwartz (Upper Moreland) 1:04.94.

200 freestyle relay: 1. Villa Maria (Hitchens, Alvanos, Murphy, Wisler), 1:37.88 (meet record, previous mark 1:40.49 by Radnor, 2009); 2. Nazareth Academy, 1:41.40; 3. Springfield M, 1:42.66; 4. Upper Merion, 1:44.00; 5. Gwynedd Mercy, 1:47.43; 6. Phoenixville, 1:49.05; 7. Harriton, 1:49.71; 8. Upper Perkiomen, 1:50.22.

Class AAA

Team standings

1. Upper Dublin, 147 points; 2. North Penn, 146; 3. Downingtown West, 129; 4. Council Rock North, 98; 5. Haverford, 84; 6. Souderton, 81; 7. West Chester Henderson, 79; 8. Downingtown East, 61; 9. Unionville, 56; 10. Great Valley, 54.

Individual results

200-yard medley relay: 1. Upper Dublin 1:47.33; (meet record, previous mark 1:47.38 by Souderton, 2009); 2. North Penn, 1:48.89; 3. Downingtown West, 1:48.93; 4. Haverford, 1:49.45; 5. Unionville, 1:49.59; 6. West Chester East, 1:49.71; 7. Methacton, 1:50.68; 8. Great Valley, 1:50.78.

200 freestyle: 1. Danielle Siverling (Downingtown East) 1:51.08; 2. Bizzy Millen (Council Rock North) 1:53.27; 3. Emily Harris (Downingtown West) 1:53.62; 4. Madison Meyer (Council Rock North) 1:54.27; 5. Codyanne Murthaugh (West Chester Henderson) 1:54.73; 6. Carolyn Meier (Upper Dublin) 1:54.86; 7. Caroline Hodgins (Perkiomen Valley) 1:55.17; 8. Megan Siverling (Downingtown East) 1:55.21.

200 individual medley: 1. Christina Leander (West Chester Henderson) 2:04.88; 2. Kelly Carroll (Great Valley) 2:05.19; 3. Lauren Ahrens (Central Bucks South) 2:07.31; 4. Blaire Kinsey (Methacton) 2:08.57; 5. Laura Stephens (Unionville) 2:08.63; 6. Bethany DeWitt (Bayard Rustin) 2:08.80; 7. Megan Harris (Downingtown West) 2:09.50; 8. Sam Wheatley (Upper Dublin) 2:10.47.

50 freestyle: 1. Shannon Rauth (Downingtown West) 23.30 (meet record, previous mark 23.34 by Kelsey Morrissy, Hatboro-Horsham, 2004); 2. Melanie Busch (William Tennent) 23.75; 3. Lindsey Schmidt (Upper Dublin) 24.38; 4. Taylor Hart (Haverford) 24.17; 5. Catherine Shaughnessy (Great Valley) 24.76; 6. Ann Fadden (Souderton) 24.90; 7. Mary Morris (North Penn) 24.92; 8. Sarah Westley (Bayard Rustin) 24.95.

100 butterfly: 1. Jan Ikeda (North Penn) 56.46; 2. Erin Regan (Upper Dublin) 57.33; 3. Maddy Zimmerman (Spring-Ford) 57.36; 4. Andie Blaser (Central Bucks West) 57.69; 5. Tommie Dillione (Council Rock North) 57.95; 6. Erin Seiler (Spring-Ford) 58.85; 7. Kate Dillione (Council Rock North) 59.41; 8. Kendall Kirsteier (Central Bucks East) 59.50.

200 freestyle relay: 1. Council Rock North (K. Dillione, Millen, T. Dillione, Meyer) 1:36.73 (meet record, previous mark 1:37.06 by Hatboro-Horsham, 2004); 2. North Penn, 1:37.41; 3. Upper Dublin, 1:37.74; 4. Souderton, 1:38.30; 5. Downingtown East, 1:38.44; 6. West Chester Henderson, 1:38.60; 7. Downingtown West, 1:39.07; 8. Pennsbury, 1:39.46.

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