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Sports

SWIMMING: NP sweeps past CB South

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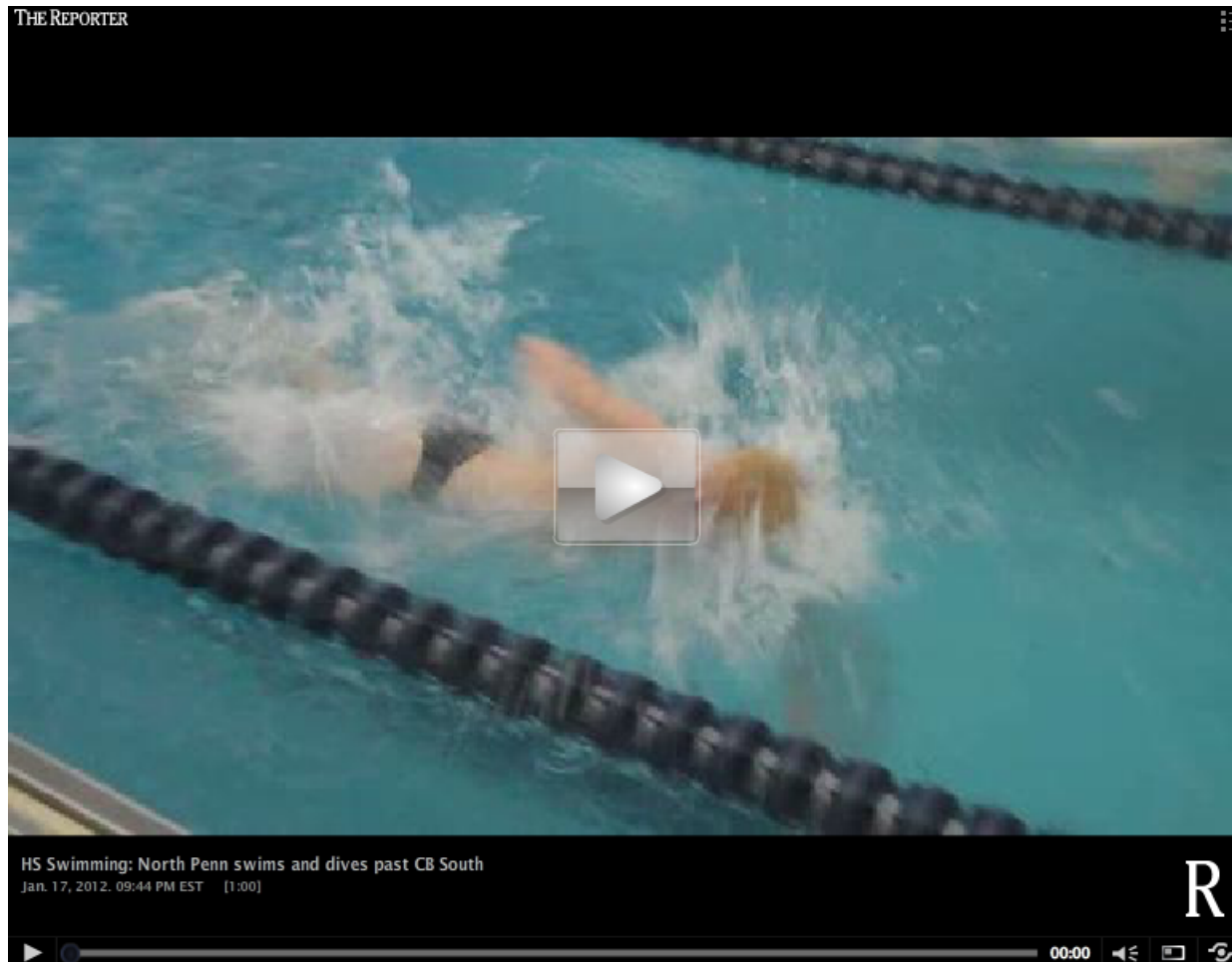
By Kev Hunter

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TOWAMENCIN — Driven by season-best swims and even a team record up on the diving board, the North Penn boys and girls swim teams powered their way to wins over Central Bucks South at The Rick Carroll Natatorium Tuesday evening.

The Knights prevailed 100-78 while the Maidens won 105-76 as both North Penn squads improved to a perfect 7-0.

“We had a lot of good swims today, and on top of that, we had some great diving,” Maidens coach Matt Weiser said. “I think the challenge for us it to keep it going. I think so far to this point, everything has gone pretty well, and every meet we have swam so far, the girls have exceeded my expectations. We keep that up throughout the year, there’s no telling what could happen.”



The Maidens (4-0 in the Suburban One League Continental Conference) qualified four more swimmers for districts and got a team record from diver Erica Elias (249.05), who placed second in the event. South diver Lindsey Schmidt actually set a pool record with a winning score of 263.60.

In the pool, the Maidens were dominant, winning 10 of the 11 events. North Penn got a pair of individual wins from Tara Rogers (100 free and 100 back), who also swam on the winning medley relay.

On the boys side, several Knights had time drops, including Greg Neidlinger's impressive five-second drop in the 100 free (52.62), good for a second-place finish.

"With a team this big, when guys do get opportunities to swim, they take advantage of it," North Penn boys coach Brian Daly said, "because they don't know when that opportunity might come around again. Whether it's on a relay or an individual spot, they're definitely gonna take advantage of it."

Thanas Kountroubis, just a freshman, went faster in the 200 IM to get a first-place finish and he also swam his best time in the 100 free to get third.

The Knights (4-0 in the conference) were also strengthened by the efforts put forth by Colin Kelly (second in IM and 500) and Kevin Killion (second in 100 back), as both had their fastest meets of the winter.

"Four more dual meets to go, and those are meets that certainly will present some challenges for us," Daly said. "Keeping everybody healthy is also a challenge. But I'm very happy with the performance today overall."

The Knights and Maidens swim again Tuesday, when they host conference foe Quakertown.

Boys Swimming

Suburban One League

Continental Conference

North Penn 100,

Central Bucks South 78

at the Rick Carroll Natatorium

200 medley relay: 1. North Penn (Anders, Gimenez, Morris, Collopy), 1:41.31; 2. North Penn, 1:47.38; 3. CB South, 1:52.77

200 free: 1. Jason Deana (NP) 1:47.06; 2. Nick Pulli (NP) 1:56.26; 3. J.J. Cataldi (CBS) 1:58.69

200 IM: 1. Thanas Kountroubis (NP) 2:08.17; 2. Colin Kelly (NP) 2:09.54; 3. Ian Scullian (CBS) 2:11.18

50 free: 1. Tomas Gimenez (NP) 23.03; 2. Ryan Troy (CBS) 23.72; 3. Liam Kelly (NP) 24.28

Diving: 1. C.J. Gimple (CBS) 241.75; 2. Colin Dalessandro (CBS) 223.90; 3. Nick Gallagher (NP) 208.70

100 fly: 1. Jack Morris (NP) 55.27; 2. Brandon Anders (NP) 57.51; 3. Jonah Kim (NP) 59.26

100 free: 1. Pat Dunigan (NP) 50.78; 2. Greg Neidlinger (NP) 52.62; 3. Thanas Kountroubis (NP) 52.68

500 free: 1. Jon Krail (NP) 5:02.83; 2. Colin Kelly (NP) 5:05.80; 3. Kyle Supko (NP) 5:07.98

200 free relay: 1. North Penn (Collopy, Anders, Gimenez, Deana), 1:29.11; 2. CB South, 1:36.62; 3. North Penn, 1:39.15

100 back: 1. Liam Kelly (NP) 1:01.68; 2. Kevin Killion (NP) 1:05.68; 3. Daniel Slysh (CBS) 1:08.17

100 breast: 1. Alexander Holland (NP) 1:10.04; 2. Patrick Brogen (CBS) 1:10.98; 3. Vitali Bosenko (CBS) 1:12.12

400 free relay: 1. North Penn (Collopy, Morris, Dunigan, Deana), 3:25.78; 2. North Penn, 3:32.51; 3. CB South, 3:35.22

Girls Swimming

Suburban One League

Continental Conference

North Penn 105,

Central Bucks South 76

at the Rick Carroll Natatorium

200 medley relay: 1. North Penn (Hoch, Kosten, Rogers, Tate), 1:57.11; 2. North Penn, 1:57.68; 3. CB South, 2:03.13

200 free: 1. Stephanie Nickerson (CBS) 2:02.16; 2. Val Stearns (NP) 2:03.97; 3. Courtney Kern (NP) 2:08.27

200 IM: 1. Brittaney Patterson (NP) 2:21.21; 2. Rebecca Hoch (NP) 2:21.38; 3. Sam Towle (CBS) 2:28.03

50 free: 1. Eve Kosten (NP) 24.86; 2. Elicia Yoffee (CBS) 26.98; 3. Isabelle DiNallo (CBS) 27.12

Diving: 1. Lindsey Schmidt (CBS) 263.60 (pool record); 2. Erica Elias (NP) 249.05 (team record); 3. Ashley Liss (NP) 239.80

100 fly: 1. Brooke Else (NP) 1:01.18; 2. Samantha Evangelista (CBS) 1:05.82; 3. Casey O'Donnell (NP) 1:06.51

100 free: 1. Tara Rogers (NP) 53.92; 2. Olivia DiStefano (NP) 55.54; 3. Cali Corbetty (CBS) 59.99

500 free: 1. Aspen Trautz (NP) 5:27.29; 2. Kat Perkins (NP) 5:28.77; 3. Julie Krout (NP) 5:41.08

200 free relay: 1. North Penn (DiStefano, Patterson, Hoch, Else), 1:43.43; 2. North Penn, 1:43.70; 3. CB South, 1:46.31

100 back: 1. Tara Rogers (NP) 1:02.08; 2. Stephanie Nickerson (CBS) 1:04.67; 3. Emily Brower (NP) 1:08.03

100 breast: 1. Anna Haggerty (NP) 1:14.47; 2. Casey O'Donnell (NP) 1:17.52; 3. Courtney Kern (NP) 1:18.29

400 free relay: 1. North Penn (Perkins, Trautz, Krout, Tate), 3:54.08; 2. CB South, 3:56.92; 3. North Penn, 4:04.41

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