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## SWIMMING: North Penn boys' 200 free relay, Souderton's Zrada win at districts

By KEV HUNTER

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North Penn swimmer Jason Deana looks towards the scoreboard at the finish of the 200 Yard Freestyle Relay for their first place finish in the event during the PIAA District Swimming Championships on Thursday March 1, 2012. Photo by Mark C Psoras\The Reporter

PHILADELPHIA — With the crowd roaring, and everything in blue and white leaping up and down, the North Penn boys 200-yard freestyle relay raced to a meet record in the final event on opening day of districts at La Salle University's Kirk Pool.

The foursome of Brandon Anders, Tomas Gimenez, Jack Morris and Jason Deana finished with a gold-medal time of 1 minute, 24.78 seconds, replacing the previous record of 1:25, set by West Chester Henderson in 2009.

The 40 points the Knights gained with the victory pushed them within just a half point of Upper Dublin for the lead in District One Class 3A, as North Penn tries to defend its district title.

“That’s always our number-one goal,” Deana said. “That comes before everything — before records, before personal bests. It’s always about the team title.”

The Knights racked up 162 points on Thursday, just behind Upper Dublin’s 162.5, and Souderton was also impressive, capping off the day with a fast 200 free to earn silver and 140 points in all, good for third in the team scoring. Souderton’s day got even better when Laureana Zrada won gold in the girls 200 free later in the afternoon, and the North Penn girls won the final event of the night, capturing gold in the 200 free relay.

The Cardinal boys started the morning with a meet record in the 200 medley relay, but North Penn got the silver in the event with a team of Brandon Anders, Gimenez, Deana and Spencer Collopy, and also went two and three in the 200 IM (Pat Dunigan and Tomas Gimenez), and Deana earned a silver in the 50 free to help the Knights gain crucial points.

“There were some ups and downs, but all in all some good swims on Day One,” Knights coach Brian Daly said. “I’m happy with the relay performances. I think there’s definitely some fine tuning here as we move forward, but a good Day One.”

The 200 free foursome was able to notch the record despite recovering from some injuries, including Deana’s - he had missed a couple weeks due to a torn tendon.

“We weren’t really going for the record — we were more just going for the win — but we knew if we all went the times we needed to go, we could get the record,” said Deana, who earned a gold and two silvers on Thursday. “The 50 free, I was happy with. After being out a couple weeks, I just wanted to post a time that would get me to states. And second place to (Haverford’s) Shane Ryan, it doesn’t get much better than that. I think I can go some faster times than I did today, but I can’t complain with what I’ve done. I’m very happy with (Thursday).”

Setting a meet record is always a great way to close out the day.

“We weren’t 100 percent sure about the personnel we were gonna use for it, given Jason’s injury and another injury on the team that we had, so it was really about reading how the guys looked this morning and trying to put up the four guys we thought were the right fit,” Daly said. “I think in the back of their mind, they knew what the team record was, and they were excited to go for it and thinking at the state meet (they would break it), so maybe this is a good thing. Maybe we get to re-evaluate the goal and now lower the time some more at Lewisburg.”

The Souderton boys thrived in the frenzied, highly-competitive atmosphere at La Salle, pushing multiple kids onto states.

The Indians' 200 medley relay team qualified with a fourth-place finish, with a lineup of senior Elliott Miller, senior Alex Paparella, sophomore Triston Loux and sophomore Kevin Musteraid, and the 200 free relay team of Paparella, Miller, senior Michael Hay and Musteraid also will move on. Musteraid (fifth in the 50 free) and Triston Loux (seventh in the fly) may also make the cut.

"I'm really proud of our guys," Indians coach Todd Bauer said. "We don't have a single guy on our team right now that has ever swam at states before. We felt those four races had a shot, and as of right now, I believe all four are going. I'm really pleased. As a team right now, we're in third, which is great, and part of that is because our divers did so well, so it's exciting."

Zrada provided even more fun for Souderton when she came from behind to win the district title in the 200 free. Her time of 1:53.31 edged the 1:53.71 by Avon Grove's Kaci McIlmoyle.

"I wasn't even really expecting (the gold) so I'm really shocked," Zrada said happily after walking off the medal stand. "I just tried to relax, have fun, stay calm, and just go after it."

The Indians' medley relay started things off by earning silver with a team of Alyssa Santangelo, RickiLee Hodges, Megan Furey and Ann Fadden.

North Penn's foursome of Eve Kosten, Olivia Distefano, Tara Rogers and Brooke Else won one of the best races of the day, going 1:37.10 to beat out rival Upper Dublin (1:37.24) in the 200 free relay.

Day Two of districts is back at La Salle this morning, starting with the boys at 10:30 a.m.

### District One Swim Championships

At La Salle University

Class 3A

Boys

Team Scoring: 1. Upper Dublin, 162.5; 2. North Penn, 162; 3. Souderton, 140.

200 medley relay: 1. Upper Dublin, 1:33.74 (meet record); 2. North Penn, 1:34.75; 3. Conestoga, 1:36.43.

200 free: 1. Bobby Bantley (UD) 1:40.18; 2. Nic Graesser (Con) 1:41.94; 3. Connor Forlini (WT) 1:42.95.

200 IM: 1. Thomas McCormick (WCH) 1:55.70; 2. Pat Dunigan (NP) 1:56.85; 3. Tomas Gimenez (NP) 1:58.34.

50 free: 1. Shane Ryan (Hav) 20.44; 2. Jason Deana (NP) 20.96; 3. Riley Weber (CB East) 21.32.

100 butterfly: 1. Kyle Lukens (PW) 50.19; 2. Zach Brech (UD) 50.88; 3. Brendan Salvadore (GrV) 52.23.

200 free relay: 1. North Penn (Brandon Anders, Tomas Gimenez, Jack Morris, Jason Deana), 1:24.78 (meet record; previous: 1:25.0, West Chester Henderson, 2009); 2. Souderton, 1:27.45; 3. Upper Dublin, 1:27.80.

#### Girls

Team Scoring: 1. Upper Dublin, 161; 2. North Penn, 125; 3. Souderton, 99.

200 medley relay: 1. West Chester East (Christina Leander, Jennifer Mill, Darrah Jampo, Jackie Caruso), 1:48.75; 2. Souderton, 1:50.05; 3. Radnor, 1:50.43.

200 free: 1. Laureana Zrada (Soud) 1:53.31; 2. Kaci McIlmoyle (AG) 1:53.71; 3. Emily Harris (DW) 1:53.77.

200 IM: 1. Christina Leander (WCE) 2:02.41; 2. Hannah Wittman (CBE) 2:08.94; 3. Sam Wheatley (UD) 2:10.42.

50 free: 1. Shannon Rauth (DT) 23.52; 2. Ann Fadden (S) 24.04; 3. Catherine Shaughnessy (GrV) 24.33.

100 butterfly: 1. Shannon Rauth (DW), 56.25; 2. Mackenzie Hornibrook (Union), 56.61; 3. Abby Mack (Con).

200 freestyle relay: 1. North Penn (Eve Kosten, Olivia Distefano, Tara Rogers, Brooke Else), 1:37.10; 2. Upper Dublin, 1:37.24; 3. Conestoga, 1:37.52.

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