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SWIMMING: Emily Kosten sets records, North Penn sweeps Methacton

By KEV HUNTER
khunter@thereporteronline.com

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North Penn swimmer Emily Kosten outdistances Methacton competitors in a 200 freestyle event during their meet at North Penn High School on Thursday, Dec. 13, 2012. (Photo by Mark C Psoras\The Reporter)

TOWAMENCIN — In her very first high school meet, North Penn's Emily Kosten broke a 31-year-old team record in the 100 freestyle Thursday, swimming a leadoff split of 51.56 seconds in the 400 free relay.

Safe to say there are some pretty special things ahead for this impressive Maidens sophomore.

“It was the first meet so I was really excited to see how I would do,” she said with a big smile, following the non-league meet against rival Methacton. “Now I’m so excited for the end of the season to see what everyone does. Just to know your team is really coming together, you can practice together and you all get along so well, and you can go out and compete well against other teams, it’s really a great feeling.”

Kosten helped the Maidens win 97-83 over the Warriors while the Knights swam and dove to a 102-82 victory over Methacton.

Kosten set both pool and team records with her 100 split, replacing the previous team record of 52.23, swam by Juli Schulte in 1981. The sophomore also anchored North Penn's 200 free relay, which set pool and team records, taking first with a time of 1:36.32. The previous pool record was set by Souderton Area in 2009.

“It’s so exciting,” said Kosten, who joined Eve Kosten, Olivia DiStefano and Tara Rogers on the 200 free relay. “The team and I have been working so hard, pushing each other at practice, and it just makes you feel like all of your work is paying off.”

Emily Kosten also won the 200 free and the 100 fly, and Rogers was also a double winner, touching first in the 200 IM and 500 free.

“I think we’re still building upon what we’ve been doing and it was nice to have more of our team together today,” Maidens coach Matt Weiser said. “We’re not quite at full capacity yet — we still have a couple divers out. So I think we have a lot of room to improve. It was really nice for Emily (to set the records) and not only that, the 200 free was able to beat Souderton’s record and those girls won the (200 free) state title that year. And the time we swam today broke the team record that we set at states last year, which got us fifth. To be that fast this early is incredible, so hopefully it’s a sign of big things to come.”

Thanas Kountroubis (100/200 free) and Jack Morris (200 IM/100 fly) were each individual double winners for the Knights, who, along with the Maidens, improved to 2-0.

“It was a very good meet,” Knights coach Jeff Faikish said. “I moved some kids around, got some production out of them. I liked it. We were fine-tuning some skills at practice and started to see it pay off in the races. We’re starting to move and groove as a group.”

The Warriors, battling through their third meet this week, got some strong swims from Nicole Young, the 100 breast winner, and Rick Weber, who took the 50 free on the boys side.

Methacton travels to the Upper Dublin Relays on Saturday while North Penn heads to the Parkland Invite.

North Penn 102, Methacton 82

200 medley relay: 1. North Penn (Anders, Kountroubis, Morris, Kelly), 1:41.20; 2. Methacton, 1:41.60

200 free: 1. Thanas Kountroubis (NP) 1:47.81; 2. Colin Mansfield (M) 1:53.62; 3. Henry Chane (M) 1:56.67

200 IM: 1. Jack Morris (M) 2:03.67; 2. Jonathan Krail (NP) 2:04.29; 3. Matt Schulz (M) 2:05.68

50 free: 1. Rick Weber (M) 22.78; 2. Spencer Collopy (NP) 23.34; 3. Leon Lin (M) 23.50

Diving: Geoffrey Gagnon (NP) 242.0; 2. Dan Roy (M) 220.85; 3. Kevin Roy (M) 146.85

100 fly: 1. Jack Morris (NP) 53.87; 2. Matt Schulz (M) 55.33; 3. Jacob Schellinger (NP) 58.53

100 free: 1. Thanas Kountroubis (NP) 49.66; 2. Colin Mansfield (M) 51.17; 3. Brett Else (NP) 52.11

500 free: 1. Krail (NP) 4:54.99; 2. Kyle Sopko (NP) 4:58.76; 3. Patrick LeBold (M) 5:22.96

200 free relay: 1. North Penn (Anders, Krail, Schellinger, Kelly), 1:31.69; 2. Upper Dublin, 1:34.53; 3. North Penn, 1:37.41

100 back: 1. Leon Lin (M) 55.59; 2. Corey Smith (NP) 55.78; 3. Brandon Anders (NP) 58.31

100 breast: 1. Dustin Jen (M) 1:04.62; 2. Colin Kelly (NP) 1:07.24; 3. Harrison Friel (NP) 1:08.77

400 free relay: 1. North Penn (Morris, Anders, Kountroubis, Kelly), 3:21.20; 2. Methacton, 3:29.87; 3. North Penn, 3:31.49

North Penn 97, Methacton 83

200 medley relay: 1. North Penn (DiStefano, O'Neill, Rogers, Kosten), 1:51.60; 2. Methacton, 1:55.73; 3. North Penn, 1:57.79

200 free: 1. Emily Kosten (NP) 1:54.23; 2. Julie Krout (NP) 2:07.54; 3. Sarah LeBold (M) 2:07.90

200 IM: 1. Tara Rogers (NP) 2:11.76; 2. Nicole Young (M) 2:16.45; 3. Brittney Patterson (NP) 2:25.66

50 free: 1. Eve Kosten (NP) 24.69; 2. Olivia DiStefano (NP) 24.80; 3. Kirsten Groff (M) 25.13

Diving: 1. Sam Laurich (M) 205.0; 2. Lauren Hunt (M) 157.50; 3. Patterson (NP) 148.65

100 fly: 1. Emily Kosten (NP) 59.67; 2. Corinne Blodgett (M) 1:02.89; 3. Becca Hoch (NP) 1:06.97

100 free: 1. DiStefano (NP) 53.77; 2. Kat Perkins (NP) 57.78; 3. Jen Rees (M) 59.0

500 free: 1. Rogers (NP) 5:12.0; 2. Kirsten Groff (M) 5:20.81; 3. Julie Krout (NP) 5:40.25

200 free relay: 1. North Penn (Eve Kosten, DiStefano, Rogers, Emily Kosten), 1:36.32 (team and pool record); 2. Methacton, 1:42.48; 3. North Penn, 1:48.39

100 back: 1. Kat Perkins (NP) 1:06.26; 2. Blodgett (M) 1:07.60; 3. Sarah Futek (M) 1:08.94

100 breast: 1. Nicole Young (M) 1:07.22; 2. Eve Kosten (NP) 1:11.09; 3. Shannon Quinn (NP) 1:14.43

400 free relay: 1. North Penn (Emily Kosten, L. Brown, O'Neill, Perkins), 3:51.90 (Emily Kosten, 51.56 split, team and pool record); 2. Methacton, 4:04.61; 3. North Penn, 4:05.04

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