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GIRLS ATHLETE OF THE WEEK: Emily Kosten, North Penn Swimming

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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)

Emily Kosten, a sophomore on the North Penn swim team, broke a 31-year-old North Penn school record by swimming a 100 freestyle split of 51.56 seconds, part of a winning 400 free relay for the Maidens.

The previous record of 52.23 was set by Juli Schulte back in 1981. Kosten also established a new pool record with her fast swim at The Rick Carroll Natatorium.

The impressive sophomore also anchored the Maidens' 200 free relay, which set pool and team records with a time of 1:36.32.

Honor Roll

Mary Kate Brokans, Lansdale Catholic Basketball: Scored 21 points to lead the Crusaders to a 69-43 win over Sacred Heart.

Lauren Crisler, North Penn Basketball: Helped rally the Maidens from a 16-point deficit with her play inside, as the senior put in a game-high 19 points in a 56-54 overtime win over SOL Continental rival Souderton Area.

Follow staff writer Kev Hunter on Twitter @khunter10.

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