

The Reporter Online (thereporteronline.com), Serving North Penn, PA

Sports

SWIMMING: Knights and Maidens battle past Bucks

Wednesday, January 11, 2012

By KEV HUNTER

khunter@thereporteronline.com

TOWAMENCIN — There's a consistency to North Penn swimming: as the temperature drops, so do the times.

The deeper it gets into winter, the faster the Knights and Maidens go through the water. Tuesday was a good indication of that, as the North Penn boys and girls teams saw time improvement in several areas in wins over Suburban One League Continental Conference rival Central Bucks West.

"A lot of our younger guys had opportunities today, and they really responded," Knights coach Brian Daly said after the 98-77 victory over the Bucks. "Given how hard we've been training, and how long January tends to be — it's meet after meet, it's great to see guys enthusiastic, get up, and get some fast swims. So I'm very pleased with how the guys performed today."

The Knights were particularly quicker in the 500 free, where Jason Himes (third), Skyler Trautz (fourth) and Mark Dunigan displayed North Penn's depth in the event.

The Knights' young divers, Cole Palumbo (second) and Mike Kern (third), were impressive up on the board, and Thanas Kountroubis swam a district cut in the 200 IM, notching a second-place finish for NP (6-0 overall and 3-0 in the conference).

Jon Krail won three events for the Knights — the 50 free, 500 free and as a member of the 400 free relay — to help North Penn counter the pair of firsts by the Bucks' Mike Chen (200 IM and 100 free).

Tara Rogers had a big day for the Maidens, starting the day off by anchoring the winning 200 medley relay, and she followed that up with wins in the 50 free and the 500 free.

The Maidens (6-0, 3-0) were especially strong in the 100 fly and 100 back, proven by a 1-2-3 finish in each.

"I think we're in a good spot right now," North Penn coach Matt Weiser said after the 106-75 victory. "I certainly don't want Jan. 10 to be when we're at our freshest. We want to be there in two months. I think we're positioning ourselves to be there."

The Knights left the Rick Carroll Natatorium feeling pretty good as well, due in part to a 1-2-3 finish in the 200 free.

"Those are some guys that have been chomping at the bit to get an opportunity to swim," Daly said of Nick Pulli, Jake Schellinger and Shane Hennessey. "It's great to see the time drops, and we see some areas that we can still tighten up, which is encouraging."

The Knights and Maidens are in action again Saturday, when they head to the fast Wilson Relays, taking on some other great teams from around the state.

Suburban One League

Continental Conference

North Penn 98,

Central Bucks West 77

at the Rick Carroll Natatorium

200 medley relay: 1. North Penn (Anders, P. Dunigan, Deana, K. Dunigan), 1:40.87; 2. North Penn, 1:42.58; 3. CB West, 1:48.93

200 free: 1. Nick Pulli (NP) 1:55.57; 2. Jake Schellinger (NP) 1:57.82; 3. Shane Hennessey (NP) 1:58.77

200 IM: 1. Mike Chen (CBW) 2:07.30; 2. Thanas Kountroubis (NP) 2:08.69; 3. Colin Kelly (NP) 2:11.90

50 free: 1. Jon Krail (NP) 23.72; 2. Liam Kelly (NP) 24.02; 3. Sam Byers (CBW) 24.42

Diving: 1. Nick Gallagher (NP) 228.50; 2. Mike Kern (NP) 157.65; 3. Cole Palumbo (NP) 126.80

100 fly: 1. Henry Mackensen (CBW) 59.35; 2. Connor Hatfield (NP) 59.40; 3. Colin Kelly (NP) 1:00.09

100 free: 1. Mike Chen (CBW) 50.27; 2. Nick Pulli (NP) 53.68; 3. Jonah Kim (NP) 54.17

500 free: 1. Jon Krail (NP) 5:02.78; 2. Sam Byers (CBW) 5:28.71; 3. Jason Himes (NP) 5:32.81

200 free relay: 1. North Penn (K. Dunigan, Gimenez, Kelly, Deana), 1:30.05; 2. North Penn, 1:31.0; 3. CB West, 1:44.01

100 back: 1. Greg Neidlinger (NP) 1:00.47; 2. Liam Kelly (NP) 1:02.49; 3. Andrew Evans (CBW) 1:03.24

100 breast: 1. Pat Blaser (CBW) 1:08.76; 2. Alexander Holland (NP) 1:08.88; 3. Alex Chasar (NP) 1:11.46

400 free relay: 1. North Penn (P. Dunigan, J. Krail, T. Kountroubis, K. Dunigan), 3:27.77

Suburban One League

Continental Conference

North Penn 106,

Central Bucks West 75

at the Rick Carroll Natatorium

200 medley relay: 1. North Penn (Haggerty, Kosten, Else, Rogers), 1:55.31; 2. North Penn, 2:01.55; 3. CB West, 2:06.79

200 free: 1. Quinn MacMillan (CBW) 2:02.76; 2. Aspen Trautz (NP) 2:04.44; 3. Val Stearns (NP) 2:05.60

200 IM: 1. Andie Blaser (CBW) 2:16.92; 2. Eve Kosten (NP) 2:20.52; 3. Rebecca Hoch (NP) 2:23.19

50 free: 1. Tara Rogers (NP) 24.95; 2. Olivia DiStefano (NP) 25.55; 3. Laura Johnson (CBW) 26.68

Diving: 1. Erica Elias (NP) 243.65; 2. Rachel Saunders (CBW) 243.15; 3. Ashley Liss (NP) 236.45

100 fly: 1. Anna Haggerty (NP) 1:02.66; 2. Rebecca Hoch (NP) 1:08.51; 3. Meghan Quinn (NP) 1:08.72

100 free: 1. Andie Blaser (CBW) 54.56; 2. Brooke Else (NP) 55.40; 3. Quinn MacMillan (CBW) 55.43

500 free: 1. Tara Rogers (NP) 5:13.13; 2. Courtney Kern (NP) 5:36.61; 3. Jennifer Strohmeier (CBW)

200 free relay: 1. North Penn (DiStefano, Kosten, Tate, Else), 1:43.23; 2. CB West, 1:45.83; 3. North Penn, 1:47.37

100 back: 1. Karlie Vogt (NP) 1:05.82; 2. Val Stearns (NP) 1:06.61; 3. Emily Browser (NP) 1:11.28

100 breast: 1. Julie Krout (NP) 1:14.19; 2. Beth Hutchings (CBW) 1:19.22; 3. Lauren Hankey (NP) 1:20.72

400 free relay: 1. CB West (Johnson, Strohmeier, MacMillan, Blaser), 3:47.72; 2. North Penn, 3:51.45; 3. North Penn, 3:58.65

URL: <http://www.thereporteronline.com/articles/2012/01/10/sports/doc4f0ce5c1c396e158208186.prt>

© 2012 thereporteronline.com, a **Journal Register** Property