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Knights and Maidens swim to conference crowns

By KEV HUNTER

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North Penn's Olivia DiStefano (bottom) touches the wall as teammate erin O'Niell launches as they compete in a 200 freestyle relay event during the Suburban One League Continental Conference Girls Swimming Championships at North Penn High School on Saturday February 16, 2013. Photo by Mark C Psoras/The Reporter

TOWAMENCIN — One day after the North Penn boys swim team captured the Continental Conference title at Central Bucks South, the Maidens completed a North Penn sweep of the event by swimming to first place at the Rick Carroll Natatorium on Saturday morning.

The Maidens won eight of the 11 events on Saturday, sweeping the relays and setting a pool record in the 400 free. A team of Tara Rogers, Olivia DiStefano, Kat Perkins and Emily Kosten hammered out a 3:31.51, replacing the 2008 record set by Emmaus, to wrap things up at North Penn.

The Maidens compiled 459 points, topping the 387 scored by Central Bucks East.

Rogers and Emily Kosten were both double winners in the individual events for the Maidens, as Rogers touched first in the 200 free and the 500 free and Kosten was tops in the 100 butterfly and 100 free.

It was also a monster day for Olivia DiStefano, who swam on all three winning relays and she also took first in the 100 backstroke.

North Penn was able to overcome some strong swims by Souderton Area, Central Bucks West and Pennridge, including the pool-record swim by the Rams' Hannah Zurmuhl in the 50 free.

The Knights were equally impressive on Friday, led by Jack Morris' wins in the 100 fly and 200 free. Morris also anchored the 400 free relay, joining Thanas Kountroubis, Jonathan Krail and Liam Kelly to set a pool record, topping the 2011 mark set by North Penn.

The Knights racked up 538.5 points, pushing them past the 353 scored by Souderton.

Next up is the District One Diving Championships at Upper Dublin on Friday and Saturday.

Suburban One League Continental Conference

Girls Swim Championships at North Penn

Team Scores: 1. North Penn, 459; 2. CB East, 387; 3. Hatboro-Horsham, 286; 4. Souderton, 252; 5. CB West, 239.50; 6. Pennridge, 233; 7. CB South, 176.5; 8. Quakertown, 47

200 medley relay: 1. North Penn (Olivia DiStefano, Erin O'Neill, Emily Kosten, Eve Kosten), 1:50.27; 2. CB East, 1:50.91; 3. Pennridge, 1:51.47

200 free: 1. Tara Rogers (NP) 1:52.56; 2. Quinn MacMillan (CB West) 1:52.66; 3. Laureana Zrada (S) 1:56.92

200 IM: 1. Hannah Wittman (CBE) 2:05.75 (pool record; ties 2:05.75, M. Masciantonio, Emmaus, 2009); 2. Hannah Blaser (CBW) 2:11.10; 3. Ellie O'Brien (CBE) 2:12.90

50 free: 1. Hannah Zurmuhl (P) 23.91 (pool record; ties 23.91, M. Masciantonio, Emmaus, 2008); 2. Eve Kosten (NP) 24.25; 3. RickiLee Hodges (S) 25.36

100 butterfly: 1. Emily Kosten (NP) 58.94; 2. Jess Jozefiak (CBE) 59.49; 3. Nicole Guss (CBE) 1:01.60

200 free relay: 1. North Penn (Eve Kosten, Olivia DiStefano, Erin O'Neill, Tara Rogers), 1:37.95; 2. Hatboro-Horsham, 1:42.07; 3. CB West, 1:42.40

100 free: 1. Emily Kosten (NP) 51.0 (pool record; old: 51.56, Eve Kosten, NP, 2012); 2. Quinn MacMillan (CBW) 52.43; 3. Hannah Zurmuhl (P) 52.47

500 free: 1. Tara Rogers (NP) 5:04.54; 2. Laureana Zrada (S) 5:18.36; 3. Julie Krout (NP) 5:20.22

100 back: 1. Olivia DiStefano (NP) 58.34; 2. Alyssa Santangelo (S) 1:00.80; 3. Jess Jozefiak (CBE) 1:01.01

100 breast: 1. Hannah Wittman (CBE) 1:06.13 (pool record; old: 1:06.30, M. Masciantonio, Emmaus, 2009); 2. Ellie O'Brien (CBE) 1:06.41; 3. Hannah Blaser (CBW) 1:07.55

400 free relay: 1. North Penn (Tara Rogers, Olivia DiStefano, Kat Perkins, Emily Kosten), 3:31.51 (pool record, old: Emmaus, 2008); 2. CB East, 3:37.78; 3. Pennridge, 3:37.92

Suburban One League Continental Conference

Boys Swim Championships at CB South

Team Scores: 1. North Penn, 538.5; 2. Souderton, 353; 3. CB East, 310; 4. Hatboro-Horsham, 262; 5. CB South, 260; 6. CB West, 151.5; 7. Pennridge, 145; 8. Quakertown, 46

200 medley relay: 1. North Penn (Greg Neidlinger, Colin Kelly, Jacob Schellinger, Brandon Anders), 1:40.17; 2. Souderton, 1:41.96; 43. CB East, 1:42.08

200 free: 1. Jack Morris (NP) 1:43.88; 2. Thanas Kountroubis (NP) 1:45.37; 3. Jonathan Krail (NP) 1:47.54

200 IM: 1. Michael Thomas (HH) 1:56.55 (pool record, old: 1:57.86, David Speese (CBS)); 2. Thanas Kountroubis (NP) 2:02.40; 3. Triston Loux (S) 2:02.85

50 free: 1. David Zurmuhl (P) 21:58; 2. Kevin Musterait (S) 21.95; 3. Brandon Anders (NP) 22.12

100 fly: 1. Jack Morris (NP) 52.91; 2. Triston Loux (S) 54.05; 3. Brendon Loux (S) 54.12

200 free relay: 1. Hatboro-Horsham, 1:28.89 (pool record, old: 1:29.36, North Penn, 2011); 2. North Penn, 1:29.02; 3. Souderton, 1:31.30

100 free: 1. Kevin Musterait (S) 47.35 (pool record; old: 47.37, Riley Weber, CB East, 2010); 2. David Zurmuhl (P) 48.18; 3. Spencer Collopy (NP) 49.32

500 free: 1. Jonathan Krail (NP) 4:47.81 (pool record; old: 4:48.03, Chris Szekely (CBS)); 2. Kyle Supko (NP) 4:50.40; 3. Mike Kern (NP) 4:55.77

100 back: 1. Michael Thomas (HH) 52.02 (pool record; old: 53.43, Kevin Magee, CB East, 2011); 2. Patrick Zalesky (CBE) 54.19; 3. Brandon Anders (NP) 54.19

100 breast: 1. Lucas Giannini (S) 1:03.07; 2. Pat Blaser (CBW) 1:03.91; 3. Ryan Witoslawski (S) 1:04.25

400 free relay: 1. North Penn (Thanas Kountroubis, Jonathan Krail, Liam Kelly, Jack Morris), 3:13.09 (pool record: old: 3:18.14, North Penn, 2011); 2. Hatboro-Horsham, 3:13.97; 3. Souderton, 3:19.49

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