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GIRLS SWIMMING: Records fall as North Penn defends SOL Continental title

By KEV HUNTER
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TOWAMENCIN — She was focused on breaking one record in particular. Breaking four of them is pretty good too.

"I think Olivia has had penciled down since Day One: I want that 100 backstroke record at the league meet," North Penn coach Matt Weiser said of his multi-talented senior. "She knew it was gonna be home this year and she's been waiting, hangin' on for that for dear life. I think the 50 was a little bit of a surprise to her but the 100 back — no doubt. It was just a great race for her."

DiStefano broke North Penn pool records in the 50 free and 100 back, and also was a member of two record-setting relays as Maiden swimmers began the postseason in commanding fashion, racing to another Suburban One League Continental Conference title at a packed Rick Carroll Natatorium Saturday afternoon.



North Penn swimmer Olivia DiStefano touches up first anchoring the 200-yard freestyle relay event during the Suburban One League Continental Conference 2015 Girls Swimming Championships at North Penn High School on Saturday February 14, 2015. (Mark C Psoras)



North Penn's Leah Brown, center, along with competitors launch for a 200-yard freestyle relay event during the Suburban One League Continental Conference 2015 Girls Swimming Championships at North Penn High School on Saturday February 14, 2015. (Mark C Psoras)

"Our kids just swam amazing today," Weiser said. "It's amazing to watch them and it's just so much fun when they compete like that. And the confidence that they have is just contagious."

North Penn amassed 540 points at the meet, a remarkable accomplishment given the level of competition. Eight pool records fell on Saturday, including the 50 freestyle, where DiStefano went 23.85 to out-kick the previous mark of 23.91, set by Pennridge's Hannah Zurmuhl in 2013.

"I was definitely thinking about Hannah Zurmuhl right next to me because I know she's really fast and she's obviously so good. She was definitely on my mind," DiStefano said. "I was thinking about a good start. I needed to get off and just go at it — real quick."

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breaststroke.

The Maiden senior was able to outrace Zurmuhl (23.94), who had anchored the Pennridge 200 medley relay to a pool record, one of four that the Rams would set on the day, including Morgan Scott's heroics in the 200 and 500 free, in addition to Brittany Weiss's win in the 100

The Maidens were able to put themselves further out in front when they raced to a time of 1:35.96 in the 200 free relay, as a team of Kailyn Evans, Aimee Baur, Leah Brown and DiStefano surpassed the 2012 record set by North Penn.

Then, it was onto the 100 back.

"I've been aiming for that record all season. It's been in the back of my mind to take that down since it was my last race here at this pool," said DiStefano, who touched in 56.40, surpassing the previous mark of 57.86, set by Allie Roberts of Emmaus back in 2011. "I was aiming for that, and it definitely feels good taking another team rival down (off the record board)."

The 400 free relay team of Baur, DiStefano, Erin O'Neill, Evans putting forth a record swim of 3:28.24 not only capped the meet in thrilling fashion, but suggested the Maidens are headed to districts in peak form, as they aim for a third straight title in Class AAA.



North Penn swimmer Olivia DiStefano touches up first in a 50-yard freestyle event for a new pool record during the Suburban One League Continental Conference 2015 Girls Swimming Championships at North Penn High School on Saturday February 14, 2015. (Mark C Psoras)



"Going into districts now, it's kind of like, okay, let's see where we stand, seeing how we can get faster and if we can get people to states, so I'm definitely looking forward to it," DiStefano said. "Hopefully, three in a row — last one, so I'd really like to go all out and really end it well."

Pennridge swimmer Brittany Weiss competes in the 100-yard butterfly event during the Suburban One League Continental Conference 2015 Girls Swimming Championships at North Penn High School on Saturday February 14, 2015. (Mark C Psoras)

SOL Continental Championships

at North Penn

Team Standings: 1. North Penn (NP) 540; 2. Hatboro-Horsham (HH) 295; 3. Central Bucks East (CBE) 285.5; 4. Souderton Area (Soud) 278.5; 5. Pennridge (Penn) 255; 6. Central Bucks South (CBS) 203; 7. Quakertown (Q) 126; 8.

Central Bucks West (CBW) 110

200 medley relay: 1. Pennridge (Anna Beno, Brittany Weiss, Morgan Scott, Hannah Zurmuhl), 1:46.79 (pool record; previous: 1:48.19, Emmaus, 2009); 2. North Penn, 1:47.98; 3. Hatboro-Horsham, 1:49.98

200 free: 1. Scott (Penn) 1:50.51 (pool record; previous: 1:52.07, M. Masciantonio, Emmaus, 2008); 2. Kailyn Evans (NP) 1:53.30; 3. Aimee Baur (NP) 1:55.15

200 IM: 1. Hannah Wittman (CBE) 2:06.34; 2. Megan Zartman (NP) 2:08.76; 3. Barbara Schmele (HH) 2:10.87

50 free: 1. Olivia DiStefano (NP) 23.85 (pool record; previous: 23.91, Hannah Zurmuhl, Pennridge, 2013); 2. Hannah Zurmuhl (Penn) 23.94; 3. Erin Lengel (CBE) 24.92

100 fly: 1. Brittany Weiss (Penn) 56.77; 2. Anna Haggerty (NP) 59.19; 3. Natalie Keck (CBS) 1:00.80

200 free relay: 1. North Penn (Kailyn Evans, Aimee Baur, Leah Brown, Olivia DiStefano), 1:35.96 (pool record; previous: 1:36.32, North Penn, 2012); 2. CB East, 1:37.63; 3. CB South, 1:41.36

100 free: 1. Evans (NP) 51.49; 2. Zurmuhl (Penn) 52.90; 3. Aimee Baur (NP) 53.08

500 free: 1. Scott (Penn) 5:00.01 (pool record; previous: 5:02.89, T. O'Brien, Emmaus, 2011); 2. Heather Hartmann (NP) 5:13.12; 3. Caroline Gillespie (NP) 5:17.56

100 back: 1. DiStefano (NP) 56.40 (pool record; 57.86, A. Roberts, Emmaus, 2011); 2. Haley Sutton (HH) 58.48; 3. Megan Zartman (NP) 58.49

100 breast: 1. Brittany Weiss (Penn) 1:04.38 (pool record; previous: 1:06.13, Hannah Wittman, CB East, 2013); 2. Wittman (CBE) 1:05.53; 3. Erin O'Neill (NP) 1:07.03

400 free relay: 1. North Penn (Aimee Baur, DiStefano, O'Neill, Evans), 3:28.24 (pool record; previous: 3:31.81, North Penn, 2013); 2. Pennridge, 3:31.97; 3. CB East, 3:36.13

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