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SWIMMING: North Penn boys, girls looking dominant at District 1 Championships

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PHILADELPHIA — The performance was overwhelming, from the Maidens' record-setting 200-yard freestyle relay to the Knights' surprising victory in that same event in the final swim of the night.

Emblematic of the type of energy and overall drive that North Penn brought to La Salle University's Kirk Pool on Thursday was the performance of Liam Kelly, who helped bring Day One to a climactic close.

'He's kinda like a wind-up toy,' said Knights coach Jeff Faikish. "You just crank that thing on his back and let him go. It was awesome. I was jumping up and down, fist pumping so hard — that was awesome.'

Kelly's gold medal in the 50 free helped bring the Knights' point total to a whopping 242 points, 140 points ahead of second-place Upper Dublin, and the North Penn girls amassed 197 points on Day One, as both NP squads are closing in on District One Class AAA title defenses.

"It's always been a goal for us,' Maidens ace freestyler Olivia DiStefano said as the Maidens put themselves in prime position for a district title three-peat. "Ever since last year, winning it, and winning it as a sophomore, it's always been a goal and it was my goal to come back three years with a district title, especially since it's my last year. It would be great to come home with a district title.

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"I'm really proud of all these girls. (The 200 free relay) was a great way to end today. I was really excited — it's really close to our team record too, so we're looking forward to states and maybe breaking it.'

North Penn's foursome of Kailyn Evans, Aimee Baur, Leah Brown and DiStefano set a district record with a time of 1 minute, 34.63 seconds. NP also got bronze-medal finishes from DiStefano in the 50 free, Megan Zartman in the 200 IM, and Evans in the 200 free, along with a silver medal from the 200 medley relay team of Zartman, Erin O'Neill, Anna Haggerty and Leah Brown.

'Awesome first day,' Maidens coach Matt Weiser said. "The girls really ended the meet on a positive note, breaking the record by 1.7 seconds (1:36.30, NP, 2013).

"The way Olivia anchored that relay — that's the instinct and experience that that kid has over four years. She has swam relays at every single level since she was a freshman, and that's as fast an anchor leg that we've had — ever.'

Kelly is also bringing his NP career to quite a close, winning three district golds — two relays along with his 50 free.

"I felt really good,' Kelly said. "My whole goal was to get to the wall first and the turn, and I felt like if I could do that, I could work the underwater and hold it off. It's kind of surreal how well everything turned out in that race.'

Overcoming a tremendous effort by Wissahickon's Danny Knoll, Kelly touched three hundredths of a second faster to earn the gold.

"He was the smallest kid in the entire event,' Faikish said of the diminutive but determined Kelly. "I almost talked him out of doing the 50 free this year — at leagues we had him doing the 100 free/100 fly. We sat down, took a look at it, and said the only way you're gonna have a chance to do anything (in the 50 free) is to use your fly kicks.

"(Watching his) butterfly leg of our medley relay, I knew he was gonna be on.'

Capping things off, the Knights' free relay foursome of Ryan Yocum, Kelly, Mike Kern and Harrison Friel accomplished a rare feat by winning gold out of the second-to-last heat, touching in 1:26.07. Sensational swims by Kern in the 200 free (silver) and Thanas Kountroubis in the 200 IM (silver), along with the gold-medal finish by the 200 medley foursome of Corey Smith, Kountroubis, Kelly, and Brett Else spiked the Knights' point total to 242.

Record swims became the theme for the Penridge girls, as Morgan Scott (200 free) and Hannah Zurmuhl (50 free) set individual district records and then teamed up for a relay one as well, joining Anna Beno and Brittany Weiss to go 1:44.65 in the 200 medley relay.

The future is arriving in a hurry for the young Rams, all of whom return next season.

"We're having a really good meet,' Zurmuhl said, as the Rams surged to second place in the team standings. "We have some really fast freshmen that came in and that really helped and we've been practicing really hard all season long for this.

"After that relay, we were all so pumped up so we all swam really well in our individual events. It's really amazing. We've come up so much and it's been great. We're so excited for Friday."

"That group of girls is something special," said coach Ryan Griffiths. "They're a group that works out together year-round with their club team and high school team, and it's very special to see what they're doing this year."

In Class AA, Gwynedd Mercy Academy's Allie Szekely will go for her third straight title in the 100 back on Friday — the junior swam to her third straight gold in the 200 IM on Thursday with a 2:01.63, not far off from the record (2:01.24) she set as a freshman.

District 1 Championships

At La Salle University

BOYS

Class AAA

Day One Team Scores: 1. North Penn, 242; 2. Upper Dublin, 102; 3. Council Rock North, 91; 4. Radnor, 85; 5. Wissahickon, 71; 6. Perkiomen Valley, 65; 7. (tie) Hatboro-Horsham and Souderton, 71; 9. Pennsbury, 58; 10. Owen J. Roberts, 56

200-yard medley relay: 1. North Penn (Corey Smith, Thanas Kountroubis, Liam Kelly, Brett Else), 1:34.35; 2. Upper Dublin, 1:34.54; 3. Owen J. Roberts, 1:37.91; 4. Council Rock North, 1:37.93; 5. Pennsbury, 1:38.13; 6. Methacton, 1:38.28; 7. Conestoga, 1:38.42; 8. Souderton, 1:38.44

200 freestyle: 1. Michael Jensen (Upper Dublin), 1:38.85 (meet record, previous record 1:39.40 by Shane P. Ryan, Haverford, 2011); 2. Mike Kern (North Penn), 1:42.26; 3. Tim Caulfield (Radnor), 1:43.27; 4. Doug Boehme (Wissahickon), 1:43.73; 5. Else (North Penn), 1:44.31; 6. Logan Thorneloe (Perkiomen Valley), 1:44.40; 7. Quentin Cody (Downingtown East), 1:44.76; 8. Aiden Daly (North Penn), 1:45.51

200 individual medley: 1. Michael Thomas (Hatboro-Horsham), 1:48.50; 2. Kountroubis (North Penn), 1:53.29; 3. Connor Doyle (Pennsbury), 1:53.71; 4. Mark Miller (Downingtown East), 1:54.00; 5. Smith (North Penn), 1:56.61; 6. Ivan Michalovic (Garnet Valley), 1:56.67; 7. Kyle Supko (North Penn), 1:56.83; 8. Collin Villari (Central Bucks East), 1:56.86

50 freestyle: 1. Kelly (North Penn), 21.09; 2. Danny Knoll (Wissahickon), 21.12; 3. Kyle Dix (Perkiomen Valley), 21.17; 4. Andrew Zhugayevich (Central Bucks East), 21.22; 5. Cristian Musterait (Souderton), 21.47; 6. Jake Goroshko (Council Rock North), 21.56; 7. Colin Bauer (Owen J. Roberts), 21.64; 8. David Kneiss (Neshaminy), 21.69

100 butterfly: 1. Brian McKenrick (Conestoga), 50.99; 2. Eli Avart (Radnor), 51.21; 3. Andrew Woerth (Garnet Valley), 51.50; 4. Tyler Cummings (West Chester Rustin), 51.77; 5. Wyatt Amdor (Upper Dublin), 51.77; 6. Justin Carey (Avon Grove), 51.94; 7. Patrick Lance (Boyertown), 52.00; 8. (tie) Henry Mackensen, Central Bucks West and John Libert, Kennett, 52.13

200 freestyle relay: 1. North Penn (Ryan Yocum, Kelly, Kern, Harrison Friel), 1:26.07; 2. Perkiomen Valley, 1:27.21; 3. Wissahickon, 1:27.49; 4. Radnor, 1:27.85; 5. William Tennent, 1:27.86; 6. Hatboro-Horsham, 1:27.92; 7. Central Bucks East, 1:28.10; 8. Council Rock North, 1:28.28

Class AA

Day One Team Scores: 1. Lower Moreland, 187 points; 2. Upper Moreland, 170; 3. Springfield (Montco), 189; 4. Bishop Shanahan, 135; 5. Holy Ghost Prep, 134; 6. Pottsgrove, 108; 7. Upper Perkiomen, 86; 7. Pottstown, 20; 9. Calvary Christian, 17; 10. Sun Valley, 8

200-yard medley relay: 1. Springfield (Montco) (Jake Corcoran, Tyler Chamberlin, Ben Wiley, Wyatt Ford), 1:40.99; 2. Lower Moreland, 1:44.87; 3. Holy Ghost Prep, 1:45.20; 4. Bishop Shanahan, 1:45.30; 5. Upper Moreland, 1:52.56; 6. Pottsgrove, 1:53.60

200 freestyle: 1. Connor Killion (Lower Moreland), 1:44.88; 2. Owen Robinson (Calvary Christian), 1:47.83; 3. Kevin Basch (Pottsgrove), 1:47.89; 4. Danny Giampietro (Springfield Montco), 1:48.40; 5. John Polidoro (Holy Ghost Prep), 1:50.33; 6. Dan Maxian (New Hope-Solebury), 1:50.97; 7. Tom Powell (Bishop Shanahan), 1:51.25; 8. Ben Van Meter (Springfield Montco), 1:52.41

200 individual medley: 1. Brandon Umstead (Upper Perkiomen), 2:00.79; 2. Chamberlin (Springfield Montco), 2:05.12; 3. Michael Prior (Pottsgrove), 2:05.26; 4. Andrew Gorr (Bishop Shanahan), 2:09.09; 5. Chris Kelly (Lower Moreland), 2:10.57; 6. Thomas Theuer (Holy Ghost Prep), 2:13.01; 7. Connor Pietro (Lower Moreland), 2:16.19; 8. Anthony Sleptsov (Lower Moreland), 2:16.30

50 freestyle: 1. Anthony Gazzillo (Pottstown), 22.69; 2. Ford (Springfield Montco), 23.03; 3. Alex Perkins (Upper Moreland), 23.04; 4. Tom Seefried (Lower Moreland), 23.22; 5. Gibbins (Holy Ghost Prep), 23.28; 6. Mark Ivensky (Lower Moreland), 23.37; 7. Eric Fenstermaker (Holy Ghost Prep), 23.41; 8. Alan Shtraks (Lower Moreland), 23.48

100 butterfly: 1. Olivier Nguyen (Bishop Shanahan), 53.58; 2. Ivan Escott (Pope John Paul II), 56.07; 3. Daniel Shevelev (Lower Moreland), 56.66; 4. Gorr (Bishop Shanahan), 57.04; 5. Ben Wiley (Springfield Montco), 57.57; 6. Ryan Mercado (Upper Perkiomen), 58.42; 7. Tyler Reed (Upper Perkiomen), 58.76; 8. Brenden Eagen (Holy Ghost Prep), 58.97

200 freestyle relay: 1. Springfield (Montco) (Ford, Wiley, Corcoran, Giampietro), 1:30.41; 2. Bishop Shanahan, 1:33.21; 3. Upper Moreland, 1:33.29; 4. Upper Perkiomen, 1:35.15; 5. Lower Moreland, 1:35.35; 6. Pottsgrove, 1:35.70; 7. Holy Ghost Prep, 1:37.60

GIRLS

Class AAA

Day One Team Scores: 1. North Penn, 197 points; 2. Pennridge, 97; 3. Avon Grove, 90; 4. Strath Haven, 76; 5. (tie) Unionville and West Chester Henderson, 75; 7. Owen J. Roberts, 66; 8. Phoenixville, 64; 9. Methacton, 60; 10. Hatboro-Horsham, 56.5

200-yard medley relay: 1. Pennridge (Anna Beno, Brittany Weiss, Morgan Scott, Hannah Zurmuhi), 1:44.65 (meet record, previous record: 1:46.27 by Haverford, 2014); 2. North Penn, 1:47.19; 3. Owen J. Roberts, 1:47.35; 4. Radnor, 1:47.64; 5. Unionville, 1:47.65; 6. Haverford, 1:47.64; 7. Souderton, 1:48.23; 8. Hatboro-Horsham, 1:48.30

200 freestyle: 1. Scott (Pennridge), 1:49.95 (meet record,previous record 1:50.01 by Tommie Dillione, Council Rock North, 2013); 2.Frances Resweber (Strath Haven), 1:52.62; 3. Kailyn Evans (North Penn), 1:53.35;4. Summer Martin (Strath Haven), 1:53.37; 5. Laura Barthold (Unionville),1:53.46; 6. Aimee Baur (North Penn), 1:53.80; 7. Laura Simpson (Boyertown),1:54.55; 8. Rebecca Cubbler (Spring Ford), 1:55.65

200 individual medley: 1. Olivia Paoletti (Avon Grove),2:03.88; 2. Hannah Wittman (Central Bucks East), 2:04.69; 3. Megan Zartman (NorthPenn), 2:07.73; 4. Emma Brinton (Avon Grove), 2:07.80; 5. Gab Rudy (Ridley),2:07.98; 6. Abby Kosc (West Chester Henderson), 2:08.13; 7. Barbara Schmiele(Hatboro-Horsham), 2:09.01; 8. Amber Zimmerman (Conestoga), 2:09.07

50 freestyle: 1. Zurmuhl (Pennridge), 23.30 (ties meet record set by Shannon Rauth, Downingtown West in 2011); 2. Maddie Cooke(Phoenixville), 23.86; 3. Olivia DiStefano (North Penn), 23.92; 4. KirstenGroff (Methacton), 24.37; 5. Serena Derderian (Avon Grove), 24.37; 6. RickileeHodges (Souderton), 24.50; 7. Leah Brown (North Penn), 24.65; 8. LaurenMitchell (Council Rock North), 24.73

100 butterfly: 1. Maddie Hart (Haverford), 54.74; 2.Brittany Weiss (Pennridge), 55.45; 3. Julia Cullen (Radnor), 56.25; 4. CarolineApathy (Conestoga), 56.93; 5. Ann Carozza (West Chester East), 57.12; 6. EmilySykes (Methacton), 57.21; 7. Morgan Curl (Oxford), 57.23; 8. Jenna Johns (UpperDublin), 57.45

200 freestyle relay: 1. North Penn (Evns, Bauer, Brown,DiStefano), 1:34.63 (meet record, previous record 1:36.30 by North Penn, EveKosten, DiStefano, Erin O'Neill, Emily Kosten); 2. West Chester Henderson, 1:37.74; 2. Central Bucks East, 1:38.28; 4. Methacton, 1:38.62; 5. StrathHaven, 1:38.69; 6. Unionville, 1:39.10; 7. Phoenixville, 1:39.20; 8.Hatboro-Horsham, 1:39.33

Class AA

Day One Team scores: 1. Villa Maria, 300; 2. Nazareth Academy, 156; 3.Springfield (Montco), 152; 4. Gwynedd Mercy, 147; 5. Upper Moreland, 85; 6.Upper Perkiomen, 83; 7. Pottsgrove, 72; 8. Merion Mercy, 70; 9. Villa JosephMarie, 64; 10. Lower Moreland, 59

200-yard medley relay: 1. Villa Maria (Emily Cornell,Katelyn Chick,Olivia Giampietro, Julie Dobson), 1:45.72 (meet record, previousrecord 1:46.72 by Villa Maria, Cornell, Olivia Tierney, Lauren Law, SarahHitchens, 2013); 2. Gwynedd Mercy, 1:50.00; 3. Nazareth Academy, 1:52.69; 4.Villa Joseph Marie, 1:56.03; 5. Upper Perkiomen, 1:56.24; 6. Springfield (Montco), 1:56.48; 7. Pottsgrove, 1:56.70; 8. Merion Mercy, 1:59.93

200 freestyle: 1. Emily Glinecke (Pottsgrove), 1:53.50; 2.Madison Oster (Octorara), 1:54.71; 3. Stephanie Szekely (Gwynedd Mercy),1:54.98; 4. Maura McManus (Villa Maria), 1:55.41; 5. Kiren Siwy (UpperPerkiomen), 1:57.09; 6. Grace Carey (Villa Maria), 1:57.42; 7. Margrethe Leis(Springfield Montco), 1:57.73; 8. Emily Lund (Nazareth Academy), 1:58.46

200 individual medley: 1. Allie Szekely (Gwynedd Mercy),2:01.63; 2. Mary Harrington (Nazareth Academy), 2:09.79; 3. Hope Reynolds(Villa Maria), 2:10.17; 4. Nicole Saladino (Villa Maria), 2:16.77; 5. LaurenBelecanech (Nazareth Academy), 2:17.45; 6. Elizabeth Law (Villa Maria),2:19.05; 7. Ashlyn Chermol (Villa Maria), 2:19.33; 8. Molly Riemenschneider (Gwynedd Mercy), 2:22.05

50 freestyle: 1. Olivia Giampietro (Villa Maria), 24.62; 2.Lizzie Nadolski (Springfield Montco), 24.74; 3. Alex McKeaney (Delaware CountyChristian), 25.23; 4. Nina Smith (Villa Maria), 25.44; 5. Sammy Murphy (VillaMaria), 25.57; 6. Jennifer Davis (Nazareth Academy), 25.87; 7. Chermol (VillaMaria), 25.96; 8. Mary Kate Comas (Nazareth Academy), 26.11

100 butterfly: 1. Alexa Fabbri (Villa Joseph Marie), 56.07;2. Kaitlyn Agger (Villa Maria), 58.80; 3. Dobson (Villa Maria), 59.27; 4. MaryKatherine Clark (Villa Maria), 59.77; 5. Emily Messina (Villa Joseph Marie),1:00.13; 6. Alyssa Myers (Villa Maria), 1:00.59; 7. Katie Quigg (SpringfieldMontco), 1:02.17; 8. Jackie Hammill (Upper Perkiomen), 1:02.23

200 freestyle relay: 1. Villa Maria (Giampietro, McManus,Cornell, Dobson), 1:37.35; 2. Springfield (Montco), 1:45.01; 3. Nazareth Academy,1:42.53; 4. Gwynedd Mercy, 1:44.88; 5. Pottsgrove, 1:45.01; 6. Upper Perkiomen,1:45.84; 7. Merion Mercy, 1:47.22; 8. Lower Moreland, 1:49.70

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