

Southern Senior Champs Meet
December 5-8, 2024

The athletes that went to this meet had to have qualifying times in order to attend. We had 8 athletes attend the meet and they did a fantastic job of representing Power for Life Aquatics. Southern Sr Champs is a prelims/ finals meet where the top 40 times from the morning came back in the evening to battle it out once more. Most events had over 100 athletes entered, and it was no small task making back to finals. I was very pleased with how we raced, even if it was not a best time. Making mistakes is ok as long as we are learning from them. The only bad swim is one that you don't learn from. Below is a breakdown of how our team raced:

Luke Bruno	2 out of 3 best times
Bianca Cabaddu	4 out of 4 best times
Alex Gilson	5 out of 5 best times
Asher Lin	4 out of 5 best times Made the C final and finished 20 th overall
Regan Olson	3 out of 3 best times Made the B finals in the 200 fly and finished 12 th overall Made the A finals in the 200 breast and finished 6 th overall
Sara Pirela	2 out of 2 best times
Santiago Salazar	Made the E finals in the 100 free and finished 36 th overall Made the E final in the 200 IM and finished 36 th overall
Ella Schlorholtz	4 out of 4 best times Made the B final in the 50 free and finished 16 th overall Made the A final in the 100 back and finished 8 th overall Made the D final in the 100 free and finished 32 nd overall Made the E final in the 200 back and finished 40 th overall
Anneliesa Sood	2 out of 3 best times Made the D final in the 100 bk and finished 31 st overall

Barrier breakers-these are times that break 1 minute or 50 seconds in a 100/ or break 2 minutes in a 200

- Alex broke 1 minute in the 100 back-59.88
- Asher broke 2 minutes in the 200 fly-1:59.71 and 50 seconds in the 100 free-49.72
- Asher also achieved a Winter juniors bonus cut in the 200 breast-this a very high national level 18 and under meet-2:07.98
- Regan achieved a winter juniors bonus cut in the 200 breast-2:22.16
- Anneliesa Sood broke 1 minute in the 100 back-59.78

I really had a lot of fun last weekend and want to thank the parents and especially the athletes for representing Power for Life so well in and out of the water. I look forward to seeing what we can accomplish next.

Take care,

Coach Jason