

The Seahorse 2018-2019 #11

State Championships: The score of the top five teams: Fairview 495.5, Fossil Ridge 378, Regis 371.5, Cherry Creek 259.5, and Arapahoe 221. The previous high for points scored at 5A State was Fossil Ridge with 424 last year. However, this year the meet was scored to 20 places versus 16 places last year. We won the state titles in 2004 and 2016. A NISCA Power Point analysis (see below) reveals that this is by far the best team in school history. The team broke seven school records, a feat not accomplished in 15 years. The Knights were led by double championship finalists: Mikayla Seigal, Emma Weber, Amelie Lessing, Mya-Drost Parra, and Riley Tapley. Team depth proved critical, as the following chart reveals:

| finish | school | # of state qualifiers | # of athletes who placed individually |
|--------|--------------|-----------------------|---------------------------------------|
| 1 | Fairview | 36 | 17 |
| 2 | Fossil Ridge | 16 | 9 |
| 3 | Regis | 29 | 13 |
| 4 | Cherry Creek | 35 | 13 |
| 5 | Arapahoe | 15 | 7 |

In an exciting race versus Fossil Ridge, our 200 medley relay team gave the team a huge boost by winning the state title in 1:41.66. Last year this time would have been the sixth fastest girls' high school time in the nation. It ranks as the third fastest medley relay in Colorado history behind Fossil Ridge in 2017 and 2018. As a point of comparison, our time would have beaten three teams at the 2018 Ivy League Championships. The relay was swum by Riley Tapley (25.83), Emma Weber (28.14), Jenna Reznicek (24.43) and Morgan Lukinac (23.26) The school record last year was 1:44.63.

In the 200 freestyle, Mikayla Seigal placed 3rd with a personal best and Consideration All American time of 1:51.09. Morgan Simon won the consolation final in 1:53.95 and was joined in that race by Una Forsythe in 14th with a personal best of 1:55.89 and Karla Lessing in 19th (1:58.61) The coaches challenged the team to have four top 20 finalists in six of the eight individual swimming events. This mission was accomplished! Other swimmers in prelims were Robin Cruz-Abrams (1:58.70-23rd), Julianna Haensly (1:59.81-30th), Heather MacLachlan (2:00.12-31st), and Monet Castellino (2:00.26-32nd).

In the 200 individual medley Amelie Lessing broke her own school record with a Consideration All American time of 2:04.45 for third place. Also swimming in the championship final were Mya Drost-Parra (2:06.23-6th) and Emma Weber (2:07.12-Tie-8th). Isabel Rich placed 19th in the consolation final in 2:10.42. In preliminary heats, were Julianne Jones (2:11.49-22nd), Darcy Keown (2:15.26-39th) and Zoe Malin (2:22.13-56th).

In the 50 free, freshman Morgan Lukinac placed 6th in 23.83, which places her second on the Fairview All Time list. Entering the high school season, Morgan's personal best was 25.01 and entering the meet her best was 24.66 for the 17th seed. In the consolation final Kaia Reznicek

achieved a big drop from her previous best (24.41) with a 12th place finish in 23.91. In preliminaries, Samantha Mosier broke the 25 second barrier with a personal best 24.98 for 32nd, Helen Sun was 51st (25.55) and Alice McGill finished 54th (25.63).

Our divers finished just outside of finals. After eight dives Rya Muller was 21st (282.30) and after five dives Reilly Jones was 26th (180.70).

The 100 yard butterfly event was the top event for the Knights (73 points). Mikalya Seigal broke our school record (Julia Box-55.29-2014) with a Consideration All American time of 54.97 for third place. Also in the championship final were Riley Tapley (55.59-4th), Jenna Reznicek (55.99-5th) and Kim Lanaghen (56.15-7th). Gradually recovering from foot surgery, Kim entered the meet with the 19th seed time of 59.62. In preliminaries, Una Forsythe swam 58.34 for 14th place, but championship rules only allow a team to advance four swimmers to finals.

In the championship finals of the 100 free, Kaia Reznicek captured 8th place with a personal best 52.36. In the consolation final, Karolina Bank swam 53.35 for 16th place, a big improvement on her previous best of 55.04 and on her 46th position entry time of 55.8. Kirsten Lee placed 20th in 53.58, a two second improvement from her swim at 2018 State. In preliminaries, Samantha Mosier was 27th (54.52), Helen Sun was 32nd (55.23), Annika Bachman was 37th (55.40), Erin Keown finished 43rd (55.74), and Morgan Lukinac was 49th (56.23).

The 500 free was another strong event for the Knights (54 points). Morgan Simon finished in 4th (5:05.54), Karla Lessing was 5th (5:07.15), and Amelie Lessing came 7th (5:07.44). In the consolation final, Robin Cruz-Abrams was 20th (5:16.72). In preliminaries, Megan Andrews dropped almost 9 seconds to swim 5:15.41, which was the 15th fastest time but she was unable to advance due to the 4 finalist per team rule. Other preliminaries times were Heather MacLachlan (5:17.76-21st), and Monet Castellino (5:24.81-30th).

Fairview won the 200 free relay (1:34.41) in an exciting race that saw the Knights trailing Arapahoe after 150 yards, but Mikayla Seigal crushed the competition with a 23.11 anchor leg. The splits were Kaia Reznicek (24.21), Emma Weber (23.90), Morgan Lukinac (23.19) and Mikayla Seigal (23.11). Our winning time would have been the 24th fastest time in the nation last year and it met the standard for Automatic All American. It was a school record by more than a second (1:35.86-2005) and the third fastest time in Colorado history after Fossil Ridge (1:34.15-2018) and Cherry Creek (1:34.40-2011).

In the 100 backstroke championship final. Riley Tapley finished 3rd in a school record and Consideration All American time of 55.65, and Mya Drost-Parra was 8th (57.34). In the consolation final Jenna Reznicek finished 12th in 56.98 and Kirsten Lee was 18th (58.53). Swimming in preliminaries were Julianna Haensly in 22nd (58.76), Meghan Andrews in 40th (1:01.52), Zoe Malin in 41st (1:01.53), Annika Bachman in 42nd (1:01.66), Shannon Lebsack in 48th (1:02.23), Ellie Parker in 49th (1:02.25), and Caralea Holmberg in 51st (1:03.01).

Swimming on short rest from the 200 free relay, Emma Weber improved from 4th in preliminaries to take the state title in 1:02.04. This ranks as the 4th fastest 100 breaststroke swim in Colorado high school history behind Zoe Bartel of Fossil Ridge (twice) and Morgan Friesen of Windsor. Emma's time smashes the Fairview record established by Kourtney Fosse (1:04.04) in 2011, and last year would have been the 29th fastest high school time in America.

The team used a stand-in for Emma on the 200 free relay podium so that she could have more time for active recovery. Sports science is clear that active recovery is better than passive recovery for removing lactate after swimming. In the consolation final, Isabel Rich was 12th (1:05.51), Karolina Bank was 14th (1:06.26) and Julianne Jones came 18th (1:06.86). Karolina's preliminaries time of 1:05.85 was a two second personal best. In preliminaries, Erin Keown was 35th (1:09.22), Lauren Schlageter was 41st (1:09.78), Natalie Brent was 43rd (1:10.01), Lauren Rutherford was 45th (1:10.53), and Darcy Keown was 47th (1:10.57).

Our 400 free relay finished 2nd to Fossil Ridge in a school record and Automatic All American time of 3:26.56. Mikayla Seigal lead off in 51.73, putting her second on the 100 free Fairview All Time list. The other splits were Kaia Reznicek (51.64), Mya Drost-Parra (52.01) and Riley Tapley (51.18). On an altitude-adjusted basis, our relay time would have been 29th in the nation last year. Mya Drost-Parra's swim is a fine example of what athletes can do in a team setting: Mya's 100 free split of 52.01 compares with her best flat start time of 54.20.

National coverage of the state meet is found at the link below, which neglects that last year the state scoring was to 16 places versus 20 places this year.

<https://swimswam.com/fairview-breaks-fossil-ridges-2018-points-record-wins-colorado-5a/>

Wall quote for finals: It is inevitable that sometime, even if you have done everything right, you may still lose. When you are fortunate enough to deserve to win, you need to be **humble in victory**. When you lose, you must be **gracious in defeat**.

Emma Weber was chosen by the Boulder Daily Camera as the Athlete of the Week

The team achieved 35 personal best times which are listed in a table below.

Thank you!!

A special Thank You to our lead parent **Judy Haensly** who has devoted hundreds of hours to our team this year. Judy is involved in all phases of team support such as planning for the trips to Florida and to the Trojan Invite, providing nutrition for our practices and meets, overseeing fundraising and the careful oversight of each dollar spent, coordinating practices and meets with the City of Boulder and VMAC staff, staffing our volunteers at home meets, planning for team social events and pasta dinners, directing our senior and college signing ceremonies, and managing our awards celebration. Judy's thoughtfulness and planning were in evidence on the team's highly successful overnight trip to the Trojan Invite, which proved an excellent opportunity for many of our newer athletes to excel in a prelims/finals environment. Judy cares deeply about our team and she is always thinking about new ways to support our athletes and coaches. Judy's training in project management is perfectly suited to the diverse needs of our 118 person swim and dive team, and everyone on the team has benefited from her expertise and commitment. Thank you!

Thank you to Jeanette Keown and Wendy Banks for organizing the State Pasta Lunch! It was a great event to gather the girls and refuel after prelims.

Thank you to our parents! A big thank you goes out to all of the parents of our graduating seniors, you have made the team a huge success by assisting us throughout the years at meets and other supporting roles! We would especially like to thank Gina Muller our treasurer, Linda Martin our Webmaster, Birdie Reznicek our communications manager, Teresa Gulock-Mundy our senior ceremony coordinator, Kelly Duncan our volunteer coordinator, and Lenora Reynolds our team meal coordinator and host of many social gatherings.

Year End Celebration - We will have an end of season awards ceremony on Sunday, March 3rd, from 2-4 pm at Southern Hills Middle School. Please RSVP by Feb 20th to Judy (judyhaensly@me.com) if you plan to attend. We need to know if you are coming, so coaches can prepare athlete presentations.

2018-2019 NISCA All American At State

| Names: | event | time | Alt. adjust | Slowest 2018AA | standard |
|--|---------------|---------|-------------|----------------|----------|
| Riley Tapley, Emma Weber, Jenna Reznicek, Morgan Lukinac | 200 Med.R | 1:41.66 | 1:41.66 | 1:45.69 | AutoAA |
| Mikayla Seigal | 200 Fr. | 1:51.09 | 1:49.73 | 1:50.04 | Cons.AA |
| Amelie Lessing | 200IM | 2:04.45 | 2:02.93 | 2:02.94 | Cons.AA |
| Mikayla Seigal | 100 fly | 54.97 | 54.85 | 55.29 | Cons.AA |
| Kaia Reznicek, Emma Weber, Morgan Lukinac, Mikayla Seigal | 200fr.R | 1:34.41 | 1:34.41 | 1:36.43 | AutoAA |
| Riley Tapley | 100 back | 55.65 | 55.52 | 55.62 | Cons. AA |
| Emma Weber | 100 breast | 1:02.04 | 1:01.90 | 1:03.60 | AutoAA |
| Mikayla Seigal, Kaia Reznicek, Mya Drost-Parra, Riley Tapley | 400 Fr. relay | 3:26.56 | 3:26.09 | 3:30.20 | AutoAA |

The top 100 performances in an event earn All American status. Final rankings are available in June.

State Championship Meet Best Times

| Name | Event | Time | Previous best |
|--------------------|------------|---------|---------------|
| Riley Tapley | 50 back | 25.83 | 26.03 |
| Mikayla Seigal | 200 free | 1:51.09 | 1:51.18(SL) |
| Una Forsythe | 200 free | 1:55.89 | 1:56.65 |
| Karla Lessing | 200 free | 1:56.65 | 1:56.43(SL) |
| Monet Castellino | 200 free | 2:00.26 | 2:01.77 |
| Amelie Lessing | 200IM | 2:04.45 | 2:04.81(SL) |
| Mya Drost-Parra | 200IM | 2:06.10 | 2:06.73(SL) |
| Julianne Jones | 200IM | 2:11.49 | 2:12.32 |
| Morgan Lukinac | 50 free | 23.83 | 24.66 |
| Kaia Reznicek | 50 free | 23.91 | 24.41 |
| Samantha Mosier | 50 free | 24.98 | 25.28 |
| Mikayla Seigal | 100 fly | 54.97 | 55.36 |
| Jenna Reznicek | 100 fly | 55.99 | 56.74 |
| Kaia Reznicek | 100 free | 52.36 | 52.59 |
| Karolina Bank | 100 free | 53.35 | 55.04 |
| Kirsten Lee | 100 free | 53.39 | 54.52 |
| Samantha Mosier | 100 free | 54.52 | 55.12 |
| Annika Bachman | 100 free | 55.40 | 56.40 |
| Erin Keown | 100 free | 55.74 | 56.08 |
| Karla Lessing | 500 free | 5:07.08 | 5:03.03(SL) |
| Meghan Andrews | 500 free | 5:15.41 | 5:24.39 |
| Riley Tapley | 100 back | 55.65 | 55.78 |
| Mya Drost-Parra | 100 back | 56.67 | 57.80 |
| Jenna Reznicek | 100 back | 56.98 | 57.34 |
| Kirsten Lee | 100 back | 58.10 | 58.54 |
| Julianna Haensly | 100 back | 58.76 | 59.32 |
| Meghan Andrews | 100 back | 1:01.52 | 1:01.87 |
| Ellie Parker | 100 back | 1:02.25 | 1:02.33 |
| Emma Weber | 100 breast | 1:02.04 | 1:02.25 |
| Isabel Rich | 100 breast | 1:05.48 | 1:05.92 |
| Karolina Bank | 100 breast | 1:05.85 | 1:07.97 |
| Julianne Jones | 100 breast | 1:06.86 | 1:07.88 |
| Erin Keown | 100 breast | 1:09.22 | 1:09.73 |
| Lauren Schlageter | 100 breast | 1:09.78 | 1:10.13 |
| Mikayla Seigal | 100 free | 51.73 | 52.89 |
| SL= sea level swim | | | |

NISCA National Dual Meet Rankings (Girls)

(final results released in mid-June)

| year | Fairview Power Points | Fairview Altitude Adj. Points | National rank | Category Rank |
|-------------|--------------------------|-------------------------------------|------------------|---------------|
| 2019 | 6055* | | | |
| 2018 | 5652* | 5652* | 19th | 12th |
| 2017 | 5652* | 5732* | 15th | 9th |
| 2016 | 5530* | 5610* | 17th | 11th |
| 2015 | 5504* | 5580* | 18th | 9th |
| 2014 | 5849 | 5931 | 15th | 9th |
| 2013 | 5550 | 5630 | 27th | 12th |
| 2012 | 5458 | 5535 | 27th | 10th |
| 2011 | 5236 | 5309 | 39th | 13th |
| 2010 | 5492 | 5572 | 23rd | 3rd |
| 2009 | 5636 | 5714 | 20th | 2nd |
| 2008 | 5346 | 5424 | 28th | 15th |
| 2007 | 5349 | 5429 | 19th | 2nd. |
| 2006 | 5202 | 5279 | 31st | 5th |
| 2005 | 5393 | 5472 | 18th | 2nd |
| 2004 | 5472 | 5554 | 13th | 1st |
| 2003 | 4999 | 5071 | 29th | 17th |
| 2002 | 4850 | 4917 | 29th | 17th |

In the years 2004-2006 and 2009-2010, Fairview was in the category of Public Schools with enrollment of 1401-1900. In all other years, Fairview was in the category of Public schools with enrollment over 1900.

* The Power Point scale changed in 2015 due to Katie Ledecky being close to busting through the top of the scale (200 points). The effect on our team of the downshift of the scale was approximately 300 points.

