

The Seahorse 2017-2018 Volume 8

State Championships: The score of the top five teams and locals: Fossil Ridge 424, **Fairview 319**, Regis 235, Arapahoe 165, Lewis Palmer 138.5, Boulder 22 (19th), and Monarch 21 (20th). Fossil Ridge had the best team in the history of Colorado High School Swimming: they broke the national high school record in the medley relay with a 1:38.13, the state record in the 200 free relay with a 1:34.15, narrowly missed the state record in the 400 free relay by .11 seconds in swimming 3:22.53, won seven of eight individual swimming races, and had five athletes achieve Automatic All American times. The Fossil Ridge point total of 424, exceeds the previous high of 396 by Cherry Creek in 1996.

Our state meet point total was the second largest point total in school history, behind our 334 points scored last year. This is the ninth time that Fairview has placed second at 5A State. We won the state titles in 2004 and 2016. A NISCA Power Point analysis (see below) reveals that 2018 was slightly ahead of the 2017 team in performances recorded throughout the season. The slightly better result in 2018 is due to faster B relay teams that were recorded at the 2018 BoCo meet.

The Knights were led by double championship finalists: **Mikayla Seigal**, **Morgan Simon**, **Amelie Lessing**, **Kaia Reznicek**, and **Riley Tapley**.

The 200 medley relay team finished in 5th place (1:46.24), good for Consideration All American designation. The relay was swum by **Riley Tapley** (26.56), **Isabel Rich** (29.96), **Kim Lanaghen** (25.70) and **Kaia Reznicek** (24.02). The relay performance was the third fastest in school history (see table below).

In the 200 freestyle, **Mikayla Seigal** placed 3rd with a personal best time of 1:52.60. Mikayla was our high point swimmer earning 30.5 points in individual events and providing solid leadoff swims on our two freestyle relays. **Morgan Simon** suffered a knee injury one week before the state meet which precluded her from swimming her favorite high school event, the 200IM, so the switch was made to 200 free. Morgan entered the meet with the 40th best time, but she did not miss a beat, powering to a 5th place finish and an altitude-adjusted personal best of 1:54.67. **Cailen Chinn** won the consolation final in 1:54.79. **Julianna Haensly** placed 16th (1:59.76) and her 1:57.46 in prelims was a 2.6 second personal best. Other swimmers were **Karla Lessing** (2:00.03-28th), **Robin Cruz-Abrams** (2:00.55-32nd) and **Heather Maclachlan** (2:00.94-34th).

In the 200 individual medley, **Amelie Lessing** was 5th in 2:07.80. Amelie was our number two high point athlete scoring 30 points for the team. **Mya Drost-Parra** dominated the consolation final with a 2:08.50 time for 9th place. In preliminary

heats, **Isabel Rich** was first alternate (2:12.73) for the second year in a row, **Kim Lanaghen** was 20th (2:13.33), **Helen Sun** was 32nd (2:16.89) and **Natalie Brent** finished 39th (2:20.01).

In the 50 free, sister sprinters **Kaia Reznicek** finished 8th (24.47) and **Jenna Reznicek** was 15th (24.78). In preliminaries, **Una Forsythe** was 19th (24.89) and freshman **Samantha Mosier** was 41st (25.50).

Rya Muller placed 35th in diving.

The 100 yard butterfly event was the top event for the Knights (51 points). **Kim Lanaghen** and **Mikalya Seigal** tied for 4th place with a time of 56.86 and **Riley Tapley** was 6th in 57.15. **Una Forsythe** won the consolation final by .8 seconds in 57.58. In preliminaries, **Alex Nadelson** was 38th (1:02.37) and **Samantha Mosier** placed 47th (1:03.61)

In the championship finals of 100 free, **Kaia Reznicek** with a previous personal best of 54.04, skipped over the 53's with a 52.97 in prelims and a 52.59, good for 6th place, in finals. Kaia's finals time ranks 4th on the Fairview All Time List. **Cailen Chinn** placed 14th in the consolation heat in 53.34. In preliminaries, Freshmen **Helen Sun** was 31st (55.29) and **Kirsten Lee** was 33rd (55.58).

The 500 free was another strong event for the Knights (44 points). **Amelie Lessing** placed third (5:09.16) followed closely by **Morgan Simon** in 4th (5:09.21) and freshman **Karla Lessing** in 6th (5:11.83). In preliminaries, **Heather Maclachlan** was first alternate in a personal best 5:19.64, **Robin Cruz Abrams** swam 5:20.20 and **Erin Koewn** swam 5:32.25.

Fairview placed 4th in the 200 free relay (1:36.96) in a Consideration All American time that was the 4th fastest mark in school history. The splits in finals were **Mikayla Seigal** (24.58), **Jenna Reznicek** (24.77), **Kaia Reznicek** (23.72), and **Cailen Chinn** (23.89).

The 100 backstroke event was much faster than last year. **Riley Tapley** finished 6th in a Consideration All American time of 56.25. **Jenna Reznicek** entered the meet in 34th seed having never broken a minute. In prelims she had a quantum leap to 57.94, and in finals she finished 8th in 58.64, with only one heat of rest from the 200 free relay. **Mya Drost-Parra** placed 11th in 58.26. **Julianna Haensly** (59.32) improved her time from last year by 1.1 seconds but finished as second alternate, versus first alternate last year, testimony to the heightened competition this year in backstroke. Swimming in preliminaries were **Kirsten Lee** in 21st (59.77), **Ellie Parker** in 38th (1:02.89), **Annika Bachman** in 39th (1:02.96) and **Lizi Bolles** who finished in 45th (1:04.76).

Isabel Rich was our lone finalist in the 100 breaststroke placing seventh (1:06.40) a nice improvement from 12th last year. In preliminaries, **Amelia Heckman** broke the 1:10 barrier to end her high school career in 1:09.67 for 22nd. **Alex Nadelson** finished 28th (1:10.34), **Natalie Brent** was 31st (1:10.95), **Lauren Schlageter** was 33rd in a personal best 1:10.99, **Lauren Rutherford** was 35th (1:11.15), **Erin Keown** was 56th (1:13.40) and **Kira Rimstidt** finished 61st (1:15.86).

Our 400 free relay finished 3rd in finals (3:32.16), a two place improvement from our seed position. The relay splits were **Mikayla Seigal** (53.15), **Cailen Chinn** (53.03), **Mya Drost-Parra** (52.66- a personal best) and **Amelie Lessing** (53.32). The relay swim ranks fifth on the All Time List.

The team achieved 15 personal best times which are listed in a table below.

Team Thanks:

Thank you to **Jeanette Keown** for making arrangements and serving a special pasta dinner after preliminaries for our State Team, parents, and supporters. Thank you also to **Polly Lanaghen** for getting a cake for the celebration.

Our State Team wore team parkas that were cleaned, organized and distributed by **Judy Haensly**. A big shout out to all the girls who travelled to Fort Collins to cheer on the team. The state swimmers appreciated your support!

NISCA National Dual Meet Rankings (Girls)

(final results released in mid-June)

year	Fairview Power Points	Fairview Altitude Adj. Points	National rank	Category Rank
2018	5672			
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.

2017-2018 NISCA All American At State

Riley Tapley, Isabel Rich, Kim Lanaghen, Kaia Reznicek	200 med.R	1:45.88	Consideration AA
Mikayla Seigal, Jenna Reznicek, Kaia Reznicek, Cailen Chinn	200fr.R	1:36.96	Consideration AA
Riley Tapley	100 back	56.25	Consideration AA

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
Mikayla Seigal	200 free	1:52.60	1:52.99
Morgan Simon	200 free	1:54.67	1:55.60
Julianna Haensly	200 free	1:57.46	2:00.14
Kaia Reznicek	50 free	24.41	24.42
Jenna Reznicek	50 free	24.66	25.07
Samantha Mosier	50 free	25.50	25.72
Mikayla Seigal	100 fly	56.45	56.64
Riley Tapley	100 fly	57.15	57.20
Kaia Reznicek	100 free	52.59	54.04
Helen Sun	100 free	55.29	55.45
Heather Maclachlan	500 free	5:19.64	5:23.02
Jenna Reznicek	100 back	57.94	1:00.36
Julianna Haensly	100 back	59.32	1:00.19
Amelia Heckman	100 breast	1:09.67	1:10.01
Lauren Schlageter	100 breast	1:10.99	1:11.03

All Time List Performances at State

Name	event	time	Rank on AllTime list
Tapley,Rich, Lanaghen,Reznicek	200 medley relay	1:45.88	3
Mikayla Seigal	200 free	1:52.60	6
Morgan Simon	200 free	1:54.67	9
Cailen Chinn	200 free	1:54.79	11
Julianna Haensly	200 free	1:57.46	24
Kaia Reznicek	50 free	24.41	10
Jenna Reznicek	50 free	24.66	12
Mikayla Seigal	100 butterfly	56.45	4
Roley Tapley	100 butterfly	57.15	9
Kaia Reznicek	100 free	52.59	4
Morgan Simon	500 free	5:09.16	14
Heather Maclachlan	500 free	5:19.64	26

Seigal, Reznicek Reznicek, Chinn	200 free relay	1:36.95	4
Riley Tapley	100 back	56.25	3
Jenna Reznicek	100 back	57.94	5
Mya Drost-Parra	100 back	58.26	7
Julianna Haensly	100 back	59.32	9
Kirsten Lee	100 back	59.77	12
Isabel Rich	100 breaststroke	1:06.40	5
Amelia Heckman	100 breaststroke	1:09.67	18
Seigal, Chinn, Drost-Parra, Lessing	400 free relay	3:32.16	5

