

MEET REPORT: BOWDOIN OPEN DECEMBER 7-9, 2007

1ST PLACE COMBINED 1ST PLACE MEN 1TH PLACE WOMEN

Combined Team Scores:

1st – CMA - ME 2,286.50
2nd – AAC – NE 1,649
3rd – RAMS – NE 1,240
4th – SEAL – ME 1,000

Male Team Scores:

1st – CMA - 1,189
2nd – AAC - 1,015.50
3rd – RAMS - 754
4th – WAVES - 483

Female Team Scores:

1st – CMA – 1,197.50
2nd – SEAL - 660
3rd – AAC - 633.50
4th – RAMS - 486

This mid-season team-scoring meet was surely an adrenaline-charged weekend for so many swimmers. Congratulations to all the athletes, coaches, parents, and families who supported CMA throughout the weekend! Competing with over 22 teams from throughout Maine and New England, CMA was a force to reckon with. 40 Senior Swimmers and 26 Age Group Swimmers from CMA competed at the Bowdoin Pool. There was a total of 244 Best Times! With 33 relays in all, our relays were particularly impressive. CMA performed 132 take-offs and exchanges without error. During the Senior portion of the meet, every CMA relay scored for a combined total of 408 points. Fantastic teamwork by everyone!

New or Improved Speedo Champion Series Cuts (Sectionals) were achieved by:

Laura Flewelling (14) in the 100 Breast 1:08.15 and the 200 Breast 2:28.48!

Drew MacKeil (17) in the 100 Fly 53.23!

Tyler Magee (17) in the 50 Free 21.88 and 200 Free 1:45.14!

Robby Gravel (16) in the 100 Fly 52.52 and the 200 Fly 1:57.00!

Laura Flewelling (14), Dineke Bernier (15), Nicole Glab (18), Nora Daly (16) in the 800 Freestyle Relay with a time of 8:01.65!

New Team Records were set by:

Laura Flewelling (14) in the 100 Breast with a time of 1:08.15!

Laura Flewelling (14) in the 200 Breast with a time of 2:28.48!

Robby Gravel (16) in the 100 Fly with a time of 52.52!

Nicole Harmon (17) in the 100 Back with a time of 59.85!

Nicole Harmon (17) in the 200 Back with a time of 2:09.38!

Trebor Lawton (12) in the 50 Back with a time of 29.12!

Trebor Lawton (12), Jerry Gravel (12), Evan Long (12), and Louis Frumer (11) in the 200 Medley Relay with a time of 2:11.31!

Evan Long (12), Trebor Lawton (12), Louis Frumer (11), and Jerry Gravel (12), in the 200 Freestyle Relay with a time of 1:53.67!

National Time Standards achieved:

"AAAA" – Robby Gravel (16) in the 100 Fly with a time of 52.52 and in the 200 Fly with a time of 1:57.00!!!!

Laura Flewelling (14) in the 100 Breast with a time of 1:08.15!!!!

Kip Gravel (14) in the 100 Back with a time of 56.58!!!!

Trebor Lawton (12) in the 50 Back with a time of 29.12!!!!

"AAA" – Laura Flewelling (14) in the 500 Free with a time of 5:22.94; **Kip Gravel (14)** in the 500 Free with a time of 5:07.17, in the 200 Breast with a time of 2:22.63, and in the 200 Fly with a time of 2:08.54; **Robby Gravel (16)** in the 200 Breast with a time of 2:15.72 and in the 200 Back with a time of 2:01.84; **Trebor Lawton (12)** in the 100 Back lead-off of the 400 Medley Relay with a time of 1:04.16 and again in the individual event with a time of 1:03.84; **Drew MacKeil (17)** in the 100 Fly with a time of 53.23!!!

"AA" – Christine Beecher (17) in the 200 Free with a time of 2:04.75, in the 100 Free with a time of 58.17, and in the 200 IM with a time of 2:19.37; **Zach Gavin (15)** in the 200 Breast with a time of 2:23.00 and in the 200 Fly with a time of 2:07.56; **Nicole Glab (18)** in the 100 Fly with a time of 1:01.91; **Jerry Gravel (12)** in the 200 Free with a time of 2:07.18 and in the 100 Fly with a time of 1:06.95; **Drew MacKeil (17)** in the 200 Fly with a time of 2:03.09; **Kelsey Ryan (15)** in the 500 Free with a time of 5:33.27; **Katy Wolfe (14)** in the 200 Back with a time of 2:19.81!!

"A" – Dineke Bernier (15) in the 200 Breaststroke with a time of 2:41.83; **Marcus Cloutier (13)** in the 100 Free with a time of 57.11 and in the 200 IM with a time of 2:21.66; **Sam Couillard (13)** in the 200IM with a time of 2:29.58; **Hilary Dion (15)** in the 200 Backstroke with a time of 2:25.68; **Mark Endrizzi (15)** in the 50 Free with a time of 25.38; **Maya Glab (14)** in the 200 Free with a time of 2:14.06; **Arthur Hamill (14)** in the 100 Fly with a time 1:03.20, in the 50 Free with a time of 26.14, and in the 100 Free with a time of 57.52; **Heather Kraft (13)** in the 200 IM with a time of 2:29.64; **Katy Wolfe (14)** in the 200 Free with a time of 2:13.23!

26 New MSI State Championship Cut Times were achieved by:

Aleeza Barkas (12) in the 100 Free and 100 IM; **Nicole Cloutier (10)** in the 200 Free and 100 Fly; **Sam Frederick (10)** in the 100 Back; **Louis Frumer (11)** in the in the 50 Fly; **Arthur Hamill (14)** in the 200 Free; **Taylor Herrera (10)** in the 200 Free, 100 Fly, and 100 Back; **Lucy Iselborn (12)** in the 100 Free; **Madeline Kraft (13)** in the 200 Fly, 100 IM, and 100 Free; **Evan Long (12)** in the 100 Free and 100 Back; **Sarah Micucci (10)** in the 100 Free; **Katherine Moreshead (14)** in the 200 Free; **Christian Shannon (14)** in the 100 Back, and 50 Free; **Ben Shapiro (12)** in the 100 Breast and 100 Back; **Paul Wennberg (14)** in the 200 Free; **Sydney Wight (11)** in the 200 Free, 100 Back, and 100 IM!!!!

In the Senior Division, individual high point winners who greatly contributed to the overall score were:

Robby Gravel (16) – 219 points
Laura Flewelling (14) – 195 points
Nicole Glab (18) – 179 points
Kip Gravel (14) – 155 points
Drew MacKeil (17) - 149 points
Nora Daly (16) – 139 points
Zach Gavin (15) – 121 points
Tyler Magee (17) – 116 points
Nicole Harmon (17) – 106 points
Kelsey Ryan (15) – 100 points
Dineke Bernier (15) – 100 points

Joe Moreshead (16) – 90 points
Danielle Gravel (17) – 48 points
Christine Beecher (17) – 46.5 points
Stephanie Walton (17) – 16 points
Nick Twomey (16) – 15 points
Samantha Couillard (13) – 14 points
Tom Spencer (17) – 14 points
Heather Kraft (13) – 11 points
Maya Glab (14) – 9 points
Katy Wolfe (14) – 9 points
Rosie Wennberg (16) – 8 points

Swimmers who achieved over 50% best times were:

Aleeza Barkas (12) 4/4 best times who dropped over 33 seconds!

Sierra Bates (10) 5/7 best times who dropped over 25 seconds!

Christine Beecher (17) 11/13 best times who dropped over 30 seconds!

Katy Beneman (11) 4/6 best times and swam the 100 Breast for the first time in a meet!

Marcus Cloutier (13) 4/6 best times!

Nicole Cloutier (10) 4/7 best times who dropped over 20 seconds!

Rhyan Cloutier (8) 6/6 best times who dropped over 18 seconds and swam the 100 fly for the first time in a meet!

Samantha Couillard (13) 4/8 best time!

Nathaniel Duggan (13) 4/6 best times who dropped over 24 seconds!

Mark Endrizzi (15) 6/7 best times who swam the 500 Free for the first time ever!

Laura Flewelling (14) 8/15 best times!

Edie Frederick (8) 6/8 best times who swam the 50 & 100 Breast and 100 Free for the first time in a meet!

Sam Frederick (10) 5/8 best times who dropped over 27 seconds!

Louis Frumer (11) 4/5 best times!

Sophie Fullerton-Hersey (10) – 4/6 best times who dropped over 45 seconds and swam the 200IM for the first time in a meet!

Zach Gavin (15) 5/9 best times!

Maya Glab (14) 7/9 best times who dropped over 26 seconds!

Nicole Glab (18) 3/6 best times!

David Goodglass (15) 6/8 best times who swam the 500 Free for the first time in a meet!

Jerry Gravel (12) 5/7 best times and dropped over 15 seconds!

Kip Gravel (14) 11/16 best times who dropped over 28 seconds!

Robby Gravel (16) 4/6 best times!

Arthur Hamill (14) 7/7 best times who dropped over 43 seconds and swam the 400 IM for the first time in a meet!

Taylor Herrera (10) 7/7 best times, who dropped over 66 seconds!

Lucy Iselborn (12) 3/6 best times!

Madeleine Kraft (13) 4/8 best times who dropped over 33 seconds!

Trebor Lawton (12) 7/9 best times who dropped over 18 seconds!

Evan Long (12) 5/8 best times who dropped over 36 seconds and swam the 500 Free, 200 IM, and 100 Fly for the first time in a meet!

Drew MacKeil (17) 4/6 best times, and dropped over 11 seconds!

Chris Makrides (15) 5/8 best times and dropped over 90 seconds!

Sarah Micucci (10) 3/6 best times and swam the 100 Fly and 100 Back for the first time in a meet!

Katherine Moreshead (14) 3/6 best times!

Alexander Mukai (9) 4/6 best times and dropped over 21 seconds!

Ana Neff-Jendrasko (8) 5/6 best times and swam the 200 Free, 100 Breast, and 100 Back for the first time ever in a meet!

Christian Shannon (14) 3/3 best times and dropped over 14 seconds!

Ben Shapiro (12) 6/6 best times, dropped over 70 seconds, and swam the 200 Free and 200 IM for the first time in a meet!

Jane Vaughan (12) 3/3 best times and dropped over 23 seconds!

Noelle Webster (13) 2/4 best times and dropped over 8 seconds!

Paul Wennberg (14) 6/7 best times and dropped over 26 seconds!

Morgan Wight (9) 7/7 best times, dropped over 23 seconds and swam the 50 Fly for the first time in a meet!

Sydney Wight (11) 6/8 best times and dropped over 23 seconds!

Arden Wing (10) 3/6 best times and swam the 100 Breast and 200 IM for the first time in a meet!

Katy Wolfe (14) 3/6 best times!

Swimmers who put forth incredible efforts by their best swims, their relay participation, their support of teammates, the depth they gave to our team, and their overall participation throughout the weekend included:

Samantha Anderson, Dineke Bernier, Nora Daly, Hilary Dion, Helen Evans, Daniel Friedman, Danielle Gravel, Nicole Harmon, Heather Kraft, Gabrielle Lawrence, Tyler Magee, Joe Moreshead, Olivia Pickering, Kelsey Ryan, Hanna Sonesson, Tom Spencer, Nick Twomey, Haylee Walsh, Stephanie Walton, and Rosie Wennberg.

For complete meet results, check out our website at: www.coastalmaineaquatics.com. Our next scheduled meet date will split our team up where one part will be going to New Jersey to swim at Rutgers University, and another part will be going to Westbrook to swim at "Swim Your Own Age".