

**CMA MEET REPORT:  
SPEEDO CHAMPIONS SERIES  
MARCH 13-16, 2008  
COLLEGE PARK, MARYLAND**

On Thursday, March 13, 2008, a record-breaking **9** of CMA's athletes qualified for and traveled to College Park, Maryland to compete in the highly competitive Eastern Zone Southern Sectional Meet. Being an Olympic Year, the meet was held in long course meters, and out of over 100 teams, CMA came in at 52<sup>nd</sup>! Achieving cut times for this meet is an accomplishment to be very proud of, and for three of CMA's athletes, attending this meet was a first time experience. Unfortunately, for several of our athletes, competing with illnesses was an even bigger challenge. Nick Daly, Nora Daly, Laura Flewelling, Nicole Glab, Robby Gravel, Nicole Harmon, Drew MacKeil, Tyler Magee, and Rosie Wennberg were fantastic traveling companions and displayed true teammanship as they supported each other throughout the trip. Cheering, encouraging, strengthening, and overall positive reinforcement was displayed by all the CMA athletes. They also exhibited great sportsmanship as they cheered on the two other athletes from Maine who were also competing. Our athletes should be highly commended!

*Nick Daly (18)* qualified to swim both the 50 Free and 100 Free and achieved "AAA" times in both. He also swam the 100 Fly and 100 Back as Bonus Swims. Nick achieved a lifetime best in the 100 Fly with a time of 1:03.77. His 100 Back was a challenge, but he came within 9/10s of a best time and also achieved an "A" time. Also competing in the Men's 400 Medley Relay, Nick swam a lifetime best time in the 100 Freestyle leg posting a 56.35. Congratulations Nick!

*Nora Daly (16)* also qualified to swim both the 50 Free and 100 Free. She achieved lifetime best times in both these events chopping off 3.78 seconds in the 100 and .76 seconds in the 50. Nora also earned best times in both her bonus swims chopping off 11.60 seconds in the 200 Free and 4.36 seconds in the 100 Fly. Competing in three relays, Nora further improved her 50 Free time dropping .26 seconds and then .16 seconds. Fantastic meet Nora!

*Laura Flewelling (15)* having just turned 15, qualified to swim a whopping three individual events: the 100 Breast, the 200 Breast, and the 200 IM. Attending Sectionals for the very first time, Laura was exposed to over 30 Olympic Trial swims! Fending off an illness that just wouldn't quit, Laura refused to quit herself. Competing in all 3 events as well as a bonus swim in the 200 Free and 3 relays, Laura deserves the perseverance award! By the very last day of competition, Laura was

starting to get stronger and managed to get within 1.16 seconds of her best 200 IM time. She posted the second fastest freestyle split in the 200 Freestyle relay and earned “AA” times in all her individual events. Nice job Laura!

***Nicole Glab (18)*** qualified to swim the 200 Fly and also competed in the 100 Fly as her bonus event. Competing in individual events for the very first time at Sectionals, Nicole achieved a lifetime best in the 100 Fly by chopping off 6.64 seconds! Close to a best time in the 200 fly, Nicole went on to swim the 100 Fly leg of the 400 Medley relay and achieved her 2<sup>nd</sup> best time ever. Congratulations Nicole!

***Robby Gravel (16)*** attending his 4<sup>th</sup> Sectional Meet, qualified to swim in 5 individual events: 100 Fly, 200 Fly, 200 IM, 400 IM, and 100 Breast. Also battling illness, we switched around a few events to make the best of Robby’s energy. On the last day, Robby ended up achieving a lifetime best time in the 100 Backstroke in the lead-off of the 400 Medley Relay posting a 1:05.04. Ending up with 3 “AAA” times and 2 “AA” times, Robby did a fine job.

***Nicole Harmon (17)*** attending her 3rd Sectional Meet, qualified to swim in three individual events: 100 Fly, 100 Back, and 200 Back. She also chose the 50 Free as her Bonus event. Nicole came back to swim at night in the 100 Fly and posted a best time of 1:06.97 and finished 17<sup>th</sup> overall! Posting a best 50 Backstroke time in the leadoff of the 200 Medley Relay, Nicole went on to achieve a best time in the 50 Freestyle with a time of 29.42. Achieving 5 “AAA” times and 1 “AA” time overall, Nicole had quite a successful meet. Congratulations Nicole!

***Drew MacKeil (17)*** attending his first Sectional Meet, qualified to swim both the 100 and 200 Fly and chose both the 200 Freestyle and 200 Backstroke as his Bonus events. Dropping 1.32 seconds in his 200 Free and 1.73 seconds in his 200 Back, Drew went on to swim his fastest 100 Fly yet in the 400 Medley Relay posting a time of 100.71! Just to keep the trip lively, we also celebrated Drew’s 18<sup>th</sup> birthday on the last day of the trip and all enjoyed the biggest, decorated chocolate chip cookie ever! Congratulations Drew!

***Tyler Magee (17)*** attending his third Sectional Meet, qualified to swim in five individual events. Not wanting to overdo things, we chose four individual events for Tyler and watched him come back to swim at night in the 100 Freestyle. Tyler ended up 18<sup>th</sup> overall and came within .04 seconds of a best time. Also posting his 2<sup>nd</sup> fastest time ever in the 100 Breaststroke leg of the 400 Medley Relay, Tyler managed to post 4 “AAA” times, 1 “AA” time, and 1 “A” time. Congratulations Tyler!

***Rosie Wennberg (16)*** qualified to swim the 50 Freestyle and also chose the 100 Freestyle as her Bonus Swim. Coming within 1.00 seconds of her best time in both these events, and warding off illness, Rosie went on to compete in the 200 Freestyle Relay and led off tying her best time ever with a 29.92. Congratulations Rosie!