

2007 District Meet...

# Fahrbach & Ickes First At District

By ANDY HOGAN

News-Messenger correspondent

**BOWLING GREEN** — A pair of "flashes" for Lincoln Fahrbach and a school record setting first place finish for Jessica Ickes at the Northwest Ohio District Swim Championships at Bowling Green State University on Friday afternoon mean a trip to the State Finals for the two Fremont Ross juniors next weekend.

Junior Jacque Fate was second in the 50-yard freestyle with a 24.47 and with only one automatic bid in each girl's event, she will have to wait until all times across the state are compared to find out if she qualified.

Fahrbach said when he looked up following the 50-yard freestyle and saw his time flashing — signifying a district record — he was "kinda speechless." His seed time had been a 21.96, and the 1999 record was 20.95.

"To drop a whole second (his finish was 20.86) in the 50 free is an amazing accomplishment, and a testament to how hard he trains," said coach Phil Moran. "I had him under 10 seconds on two different 25 yard laps in warm-ups, so thought we'd be seeing something special come race time. Lincoln's always been an accomplished swimmer, but this year he really got his focus."

Fahrbach's time also qualifies him as an All American High School swimmer; the standard being 21.29. Fahrbach is the first Ross swimmer to set a District record since Mike Mowry's 200-yard free record in 1981. Teammate Chris Beier also made the winner's podium with a 5th place finish in the 50, finishing out his high school career with a personal best time of 22.70, a full second faster than his 23.88 seed time. Josh Bowen was 16th with a 23.55.

As if one standing ovation from the packed natatorium wasn't good enough, Fahrbach came back on stage less than an hour later for another All-American swim in the 100-yard free, smashing the 2000 District record of 46.41 with his 45.82.

After his two individual events were out of the way, Fahrbach confessed, "I

couldn't be happier with the 50, but I could have swam the 100 a little smarter. I should have gone out faster. I'm just really happy with how I'm swimming and how the guys are swimming. I practiced like crazy, and worked hard all season, more than ever before. I'm just hoping for good things at States."

So is Ickes, whose time of 59.29 in the 100-yard butterfly smashed Molly O'Connor's old school record of 1:00.54. Time will tell if her second place finish of 53.70 in the 100-yard freestyle, three seconds better than her seed time of 56.66, will get her into another individual event at States. Teammate Jacque Fate was sixth.

"Everyone was doing really well, and it helped pump me up," said Ickes. "I was second in the fly last year and didn't make it to state, so I was determined not to let that happen again this year."

Other top finishes in early events included an 11th by Fremont St. Joseph's senior Nick Swint, who beat his seed time of 2:12.74 with a personal best of 2:06.49 in the 200-yard individual medley. Lucas Bechtel was 15th in the 200-yard free for Oak Harbor with a 1:53.07, and sophomore Trevor Satornino, swimming for Toledo St. John Jesuit, was 9th in the 100-yard butterfly with a 55.89, and 14th in the 200 IM.

Fremont's Andre Velez was 16th and Kyle Wasserman 12th in the 100 free, with nice time drops from 59.37 to 57.83 for Velez and 59.17 to 56.70 for Wasserman.

Asked if he thought the two-day snow layoff hurt his swimmers, coach Moran said, "Apparently not." Senior Chris Beier said not seeing everyone for two days and not swimming that close to champs was "too weird. We didn't swim Tuesday or Wednesday, so when coach finally got us in the water on Thursday afternoon, people were going pretty fast."

The Boys District Finals had been postponed from Thursday to Friday, due to weather. The meet was rearranged so that the Division I girls and boys swam together on Friday evening, alternating between events.

**HIGH SCHOOL SWIMMING**

# Fahrbach, Ickes dominant at districts

**By ANDY HOGAN**  
News-Messenger Correspondent

Fremont Ross swimmers Lincoln Fahrbach and Jessica Ickes are headed to states.

Fahrbach won the 50-yard freestyle Friday and Ickes placed first in the 100-yard butterfly with a school-record time at the Northwest Ohio District Swim Championships at Bowling Green State University.

Junior Jacque Fate finished second in the 50-yard freestyle with a 24.47. With only one automatic bid in each girl's event, she'll have to wait until all times across the state are compared to learn if she's qualified.

Fahrbach doesn't have to wait, though. When he glanced up following his

record-setting 50-yard freestyle and saw his time flashing, he was speechless.

"To drop a whole second in the 50 free is an amazing accomplishment, and a testament to how hard he trains," Ross coach Phil Moran said. "I had him under 10 seconds on two different 25-yard laps in warm-ups, so I thought we'd be seeing something special come race time.

"Lincoln's always been an accomplished swimmer, but this year he really got his focus."

Fahrbach's time also qualifies him as an All-American. The standard for such is 21.29. Fahrbach finished at 20.86.

He's the first Ross swimmer to set a district record since Mike

Mowry's 200-yard free record in 1981. Teammate Chris Beier also made the winner's podium with a fifth place

finish in the 50, finishing out of his career with a personal best time of 22.70.

As if one standing ovation from the packed natatorium wasn't enough, Fahrbach swam less than an hour later for another All-American mark in the 100-yard free. He smashed the 2000 District record of 46.41 with his 45.82.

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**FAHRBACH**

with the 50, but I could have swam the 100 a little smarter," Fahrbach said. "I should have gone out faster. I'm just really happy with how I'm swimming and how the guys are swimming. I practiced like crazy, and worked hard all season — more than ever before. I'm just hoping for good things at states."

So is Ickes, whose time of 59.29 in the 100-yard butterfly smashed Molly O'Connor's school record. Time will tell if her second-place finish of 53.70 in the 100-yard freestyle qualifies her for another individual event at states.

"Everyone was doing really well, and it helped pump me up," Ickes said. "I was second in the fly last year and didn't make it to

state, so I was determined not to let that happen again this year."

Other top finishes in early events included an 11th by SJCC senior Nick Swint, who beat his seed time with a personal best of 2:06.49 in the 200-yard individual medley.

Lucas Bechtel was 15th in the 200-yard free for Oak Harbor with a 1:53.07, and sophomore Trevor Sartorio, swimming for Toledo St. John Jesuit, was ninth in the 100-yard butterfly with a 55.89.

Andre Velez was 16th and Kyle Wasserman 12th for Ross in the 100 free, with nice time drops from 59.37 to 57.83 for Velez and 59.17 to 56.70 for Wasserman.

Ross swam well despite

two days off due to snow.

"We didn't swim Tuesday or Wednesday, so when coach finally got us in the water on Thursday afternoon, people were going pretty fast," senior Chris Beier said.

The boys district finals had been postponed from Thursday to Friday, due to weather. The meet was rearranged so that the Division I girls and boys swim together on Friday evening, alternating between events.

Oak Harbor finished tied for fifth in girls Division II, and it will advance one swimmer into the state meet. Rockets sophomore Katie Bechtel broke the school record in the 200-yard freestyle.

**HIGH SCHOOL SWIMMING: NORTHWEST OHIO DISTRICT SWIM CHAMPIONSHIPS**

# Ross pulls off major upset at District Championships

**By ANDY HOGAN**  
News-Messenger correspondent

**BOWLING GREEN** — The Fremont Ross boys pulled off a major upset at the Northwest Ohio District Swim Championships late on Friday, coming from a sixth place seed position to win the 200-yard freestyle relay, beating perennial powerhouses Toledo St. Francis and Sylvania Northview. Chris Beier went 22.55, Andre Velez 22.99, Josh Bowen 22.60 and Lincoln Fahrbach a scorching 20.21 for first place and a new school record of 1:28.35. Their time was good enough to get them the 8th place seed position at the State Meet in Can-

ton on Saturday. St. Francis finished in 1:28.84 and Northview at 1:29.38. According to team records, the Giants haven't taken a first place in a relay event since 1955.

Velez, who will be competing in his first state meet (he was an alternate on last year's relay), said, "When I looked up at the clock at the end, and saw we were first, I told Link (Lincoln) 'No way. We're District Champs!' Then we just stared at each other for about five seconds, before we went crazy!"

Bowen, who is also making his first appearance at State, said his 22.60 "was my fastest ever. It even surprised me. I knew our tapers were

good, and I just hope we can hold them and make something better out of our 8th place seed.

Last year the guys were 15th seed and took 10th. Moving up is how we do it."

The same four swimmers will also compete in the 400-yard free relay at States, following a fourth place finish in that event, just making it in as the 24th seed. Their time of 3:18.31 smashed boys record of 3:20.01, set in 1983.

Just after setting two

District records on Friday at Bowling Green State University, Fahrbach had said, "I really plan to swim fast in the relays," as if he knows how to swim any other way. His 20.21 relay split, though unofficial, was faster than his record-setting District time of 20.86 in the 50-yard free, and as far as anyone can tell, he is the first Ross swimmer to hold two District records.

The last District record holder was Chris Black in the 1988 200-yard individual medley. "This is my third trip to State finals, and I've never gone alone," said Fahrbach, who will swim the 50-free as the first place seed, and the 100 free from the

second position. "Getting the relays there is the best part."

The school van going to Canton will be crowded again this year. Junior Jessica Ickes set a school record in winning the 100-yard butterfly at 59.29, and was second in the 100-yard free to qualify in that event.

This makes Ickes' third trip to state but her first time in individual events.

She will start as the 17th seed in the fly, but not to worry. There are 11 swimmers clocking in the 58 second range, and another 11 at 59 seconds, so moving up is well within reach.

"I'm a little disappointed that our relays didn't

make it out, but other than that, I'm really happy with how Districts went for me," said Ickes. "I really surprised myself, and my mom, in the 100 free, getting second. I was so focused on the butterfly that the freestyle is really a bonus."

Also getting a seat in the state-bound van is junior Jacque Fate, making this her third appearance in an individual event.

Fate was on the bubble, following her second place finish at 24.47 in the 50-yard free. Only the first place finisher in each Division I girl's event gets an automatic bid to the State finals.

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# Other area swimmers advance to State finals

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Fate had to wait 40 hours to find out her fate, when official places were finally posted by the Ohio High School Athletic Association on Sunday afternoon.

"I actually slept pretty well on Friday and Saturday," said Fate. "I pretty much knew my time was good enough to qualify, and the only thing in question was my seed. I didn't do as well as I did my freshman and sophomore years, but I really don't feel as though I'm fully tapered. I'm looking forward to States to see what I can really do."

"Anything can happen in the 50 free, and usually does," said swim coach Phil Moran. "Swimmers with lower seeds often end up in the championship heat. A good start, a good turn and a strong swim can get you there."

Freshman diver Jordan Gallagher missed a state spot in the diving competition by just 18 points, finishing 5th overall. "She's just a freshman, and only started diving three weeks into the season, so for her to put together that many steady dives was really impressive," said Moran. Brittany Stout was 13 in diving, and their added points helped the Lady Giants finish Districts in a tie for 6th with Clay. The Ross boys also finished 6th out of the 38 teams competing. Oak Harbor boys were 22nd

and Margaretta 35th.

Other top boy finishers at Districts included a fifth in the 50 free and 10th in the 100 free by Beier, and Senior Nick Swint was 7th in the 100-yard backstroke for Fremont St. Joseph and 11th in the 200 individual medley. Lucas Bechtel was 13th in the 500-yard free and 15th in the 200 free for Oak Harbor, and Paul Schellin 19th in the 100-yard breaststroke for Port Clinton. Kyle Wasserman was 12th in the 100-yard butterfly for Fremont and Margaretta's Nyle Graffice finished 12th in diving.

Oak Harbor finished tied for 5th and Port Clinton 16th in Girls Division II and each will advance one swimmer in to the State meet. Oak Harbor Sophomore Katie Bechtel broke the school record in the 200-yard freestyle with a 2:00.88 for 5th place, and will swim from the 14th seed position at State. Bechtel was also 11th in the 500 free.

Julia Schneider of Port Clinton swam 5th in both the 100-yard breaststroke and 100-yard butterfly, and advanced to State in the Breaststroke where she will be seeded 10th.

Stephanie Greggila took 8th in the 200 and 8th in the 500 for Oak Harbor. Olivia Parker was 7th in the 50 free, Mary Griffith 6th in the 100-yard backstroke for Margaretta. Oak Harbor finished Districts tied for 5th overall, Margaretta girls 15th, and Port Clinton girls 16th.