

2013 Three Rivers Athletic Conference

THREE RIVERS ATHLETIC CONFERENCE SWIMMING CHAMPIONSHIP



Fremont Ross' Alaina Klingman competes in the 200 yard freestyle during the TRAC swim championships at Fremont Ross High School on Saturday. JONATHAN BIRD/NEWS-MESSENGER

This one's for the girls

Fremont Ross wins TRAC swim title

By Kevin Shields
Sports writer

FREMONT — Morgan Waggoner reluctantly gave a smile at the mention of her new Three Rivers Athletic Conference record time of 1:00.54 in the 100-yard butterfly.

"I wasn't happy with that time, only because it was my second-best time," said the Ross freshman following Saturday's TRAC swim championships at the Hawk-Bucci Natatorium. "But I was really excited with the end result of the meet."

Waggoner's victory was one of six event wins for the Little Giants' girls team. Her classmate, Meghan Moses, led the way with two individual wins (50 freestyle and 100 freestyle). Both were part of two winning relays as Ross swept all three relay events edging Notre Dame Academy 523-499 to earn the school its first-ever TRAC title in any sport. It was the first swim title, boys or girls, for the program going back to the days of the Buckeye Conference in the 1980s.

"Probably the mid-to-early 80s," said Ross boys coach Phil Moran, asked if he knew the season for the Little Giants last team title in swimming. "We were second in the GBC



Fremont Ross' Graham Moor competes in the 200 yard freestyle during the TRAC swim championships at Fremont Ross High School on Saturday.

JONATHAN BIRD/NEWS-MESSENGER

(Greater Buckeye Conference) a number of times. So yeah, this is kind of nice."

Findlay was third with 444 points. St. Ursula Academy, led by Top Female Performer Zhada Fields, took fourth at 428. A total of six new TRAC records were set at the meet, including Field's new pool record time of 58.07 seconds in the 100

backstroke.

"It's exciting," Ross girls coach Tina Moses said, who with Moran were named the coaches of the year. "I knew coming in that it was a possibility for these girls. But you never know what happens until you swim those races. They all swam well."

"Yes, lots of girls made the podium for us. But just about every girl on the team scored points for us, so it was definitely a team effort."

Moses, Waggoner, Laura Duncan and Haley Fisher took first in the 200 medley relay in a record time, as did Fisher, Moses, Waggoner and Megan Hawk in the 400 free relay. Holly Phillips, Alaina Klingman, Hawk and Duncan placed first in the 200 free relay.

"Those were the relays we swam at all our big meets this year," Meghan Moses said. "We really swim good together."

Individually, Hawk was second in the 200 and 100 free events. Duncan took second in the 100 fly to Waggoner, who was second in the 100 backstroke to Fields. Fisher earned runner-up in the 500 free and 200 IM.

"We were really pumped up today," Meghan Moses said. "We were

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all here yesterday, and just couldn't wait to swim."

BOYS

Graham Moor held back from splashing around, much like Michael Phelps did at the Olympics in Beijing, China after winning his seventh medal by .01 seconds.

Moor swam a 48.94 split on the final leg of Ross' 400 free relay squad, and looked up at the scoreboard to see he out-touched St. Francis de Sales' Connor Aussey by .29 seconds, as he, Trent Williams, Scott Kosakowski and Chris Hoffman earned a league title in 3:23.21.

"I really wanted to splash like Phelps," said Moor, upon seeing his relay won. "I just felt like I was on top of the world. Nothing could bring me down.

"That's something that we've been gunning for as long as we've been in high school," Moor added. "We always have tried to take down St. Francis somewhere. The fact that we did it during the last event, and in the style it was done, makes it great."

The Knights won the war, taking the boys team title with 741 points. Findlay earned second with 533 points as the Little Giants came in third with 450 points. Co-Male Performers of the meet were St. Francis' Christian Sobczak and Jack DiSalle. The Knights won seven of the 12 total events.

Moor picked up Ross' lone individual win, swimming a winning time of 54.09 seconds to win the 100 fly. He added a second in the 200 free. Kosakowski was third in the 500 free and fourth in the 200 IM. Hoffman and Williams added two other top fives each in other events.

"It was a good effort for the boys. They've been training hard," Moran said. "Everyone's body is just about fatigued to the point of almost failure. Yet, a lot of guys swam the best they've swam all year in their events, which is pretty cool."

Said Moor, "After the race, Chris Hoffman told us, 'I just want to go to districts now. Let's go. We can take anybody.'"

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SWIMMING

Girls Results

TRAC CHAMPIONSHIPS

Team Standings: 1. Fremont Ross 523; 2. Notre Dame Academy 499; 3. Findlay 444; 4. St. Ursula Academy 428; 5. Clay 142; 6. Lima Senior 115; 7. Whitmer 85; 8. Toledo CC 56.

Site: Hawk-Bucci Natatorium, Fremont.

200 medley relay: 1, Morgan Waggoner, Laura Duncan, Haley Fisher, Meghan Moses (FR) 1:52.35.

200 free: 2, Megan Hawk, FR, 2:04.71; 4, Alaina Klingman, FR, 2:09.41; 6, Kortni Lagrou, FR, 2:10.75.

200 IM: 2, Ha. Fisher, FR, 2:14.04.

50 free: 1, Moses, FR, 25.23; 5, Holly Phillips, FR, 26.61; 7, Emily Moyer, FR, 27.26.

1M diving: 9, Erin Seefus, FR, 262.80.

100 butterfly: 1, Waggoner, FR, 1:00.54; 2, Duncan, FR, 1:01.08.

100 free: 1, Moses, FR, 55.25; 2, Hawk, FR, 56.48; 7, Moyer, FR, 1:00.76.

500 free: 2, Ha. Fisher, FR, 5:23.66; 5, Klingman, FR, 5:45.21; 7, Lagrou, FR, 5:52.63.

200 free relay: 1, Phillips, Klingman, Hawk, Duncan (FR), 1:44.64; 4, Seefus, Holly Fisher, Lagrou, Moyer (FR), 1:52.40.

100 backstroke: 2, Waggoner, FR, 1:01.46; 5, Phillips, FR, 1:03.76.

100 breaststroke: 2, Duncan, FR, 1:08.02.

400 free relay: 1, Ha. Fisher, Hawk, Waggoner, Moses (FR) 3:43.30; 6, Klingman, Moyer, Lagrou, Phillips (FR) 4:05.16.

Boys Results

TRAC CHAMPIONSHIPS

Team Standings: 1. St. Francis De Sales 741; 2. Findlay 533; 3. Fremont Ross 450; 4. St. John's Jesuit 197; 5. Lima Senior 110; 6. Clay 93; 7. Toledo CC 82.

Site: Hawk-Bucci Natatorium, Fremont.

200 medley relay: 4, Joe Meyer, Joshua Eakin, Nickolas Hoffman, Lorenzo Zamora (FR) 1:54.96; 7, Braydn Klein, Ty Wilson, Hawk Smith, Mike Muffler (FR) 2:05.40.

200 free: 2, Graham Moor, FR, 1:51.30; 9, Meyer, FR, 2:04.07.

200 IM: 4, Scott Kosakowski, FR, 2:10.11; 7, Zamora, FR, 2:19.76; 8, Nickolas Hoffman 2:20.28.

50 free: 5, Christopher Hoffman, FR, 23.43.

100 butterfly: 1, Moor, FR, 54.09; 8, N. Hoffman, FR, 1:02.13.

100 free: 3, Trent Williams, FR, 51.15.

500 free: 3, Kosakowski, FR, 5:01.29; 7, Zamora, FR, 5:21.05; 9, Klein, FR, 5:41.05.

200 free relay: 3, Williams, Moor, C. Hoffman, Kosakowski (FR) 1:31.95; 7, Klein, Connor Martin, Ryan Schaffer, Joshua Eakin (FR) 1:43.32.

100 backstroke: 3, Williams 58.49.

100 breaststroke: 7, Eakin, FR, 1:11.87.

400 free relay: 1, Williams, Kosakowski, Hoffman, Moor (FR) 3:23.21; 6, N. Hoffman, Meyer, Muffler, Zamora (FR) 3:51.24.