

SION

SION STORM SWIM & DIVE ARCHIVES - 2005/06



Swim & Dive News

Congratulations to the following girls for their state cut times on Saturday: Eleanor Prewitt-Thomas, Emily Schultz, Tracy Tucci and Alex Sharp (200 medley relay), Tracy Tucci (200 free, 100 fly), Lisa Tucci (200 IM), Alex Sharp (50 free, 100 free), Eleanor Prewitt-Thomas (100 fly, 100 Back), Alex Sharp, Emily Summers, Tracy Tucci and Eleanor Prewitt-Thomas (200 Free Relay) and Emily Schultz (100 Breast).

2006 Missouri State Swim Meet Results

Prelims

200 Yard Medley Relay

17. Eleanor Prewitt-Thomas, Emily Schultz, Tracy Tucci, Emily Summers - 1:57.88

200 Yard Freestyle

24. Tracy Tucci - 2:04.30

200 Yard IM

22. Lisa Tucci - 2:18.90

28. Eleanor Prewitt-Thomas - 2:20.13

50 Yard Freestyle

40. Alex Sharp - 26.41

44. Emily Summers - 26.97

100 Yard Butterfly

30. Tracy Tucci - 1:04.17

31. Lisa Tucci - 1:04.27

100 Yard Freestyle

35. Alex Sharp - 57.56

200 Yard Freestyle Relay

23. Alex Sharp, Lisa Tucci, Kara O'Neill, Emily Summers - 1:47.04

100 Yard Backstroke

20. Eleanor Prewitt-Thomas - 1:05.21

100 Yard Breaststroke

18. Emily Schultz - 1:11.41

400 Yard Freestyle Relay

22. Alex Sharp, Lisa Tucci, Eleanor Prewitt-Thomas, Tracy Tucci - 3:55.43

Notre Dame de Sion 2006 Swim Roster

Seniors

Anna Ferber
Emily Summers
Laura Watson
Mary Zima

Juniors

Megan Czinege
Becky Haden
Hayley Nelson
Alex Sharp

Sophomores

Amy Donnelly
Ashley Elder
Mary Ismert
Libby Keenan
Kara O'Neill
Carolyn Schorgl
Emily Schultz
Chesney Thompson
Tracy Tucci
Allie Woods
Lauren Ziegler

Freshmen

Becca Caudle
Jessica Gardner
Brooke Gibson
Julia Hense
Holly Michalka
Eleanor Prewitt-Thomas
Sammy Ramm
Mary Margaret Ryan
Lisa Tucci
Catheryn Zalenski

Notre Dame de Sion 2006 Swim Schedule

Date	Opponent	Place	Time
Feb. 16 & 17	Time Trials	Red Bridge YMCA	TBA
March 8 (Wed)	Lee's Summit North and West	Lee's Summit North	4:00
March 25 (Sat)	Warrensburg Invitational (jv only)	Warrensburg	TBA
March 28 (Tues)	Blue Valley (jv only)	Blue Valley	4:00
April 1 (Sat)	Park Hill Invitational (2 Varsity teams)	Park Hill Aquatic Center	TBA
April 4 (Tues)	Park Hill South	Park Hill Aquatic Center	4:00
April 7 (Fri)	Raytown (jv/state)	Raytown YMCA	4:00
April 8 (Sat)	MO-KAN (varsity/state)	Central	TBA
April 11 (Tues)	Shawnee Mission North	Shawnee Mission North	4:00
April 18 (Tues)	Shawnee Mission North (var)	Shawnee Mission North	4:00
April 18 (Tues)	Blue Valley (jv)	Blue Valley	4:00
April 21 (Fri)	Blue Springs	Blue Springs	4:00
April 22 (Sat)	Blue Springs	Blue Springs	TBA
April 25 (Tues)	Liberty	Liberty	4:00
May 4 (Thurs)	ILC	Central	4:15
May 6 (Sat)	ILC	Central	11:15
May 19-20 (Fri-Sat)	State	St. Peters Rec-Plex	TBA

Schedule subject to change.

Varsity Time Cuts 2006

	Yards	Meters
50 Free	28.8	32.14
100 Free	01:03.2	01:10.5
200 Free	02:19.9	02:36.4
500 Free	06:15.0	06:50.0
100 Back	01:16.5	01:25.6
100 Breast	01:20.0	01:29.3
100 Fly	01:14.8	01:23.0
200 I.M	02:42.0	3.00.80

Time Trial

	50 Free	100 Free	100 Breast	100 Back	100 Fly	100 IM
Becca Caudle	30.76	1.07.66	1.24.15			
Megan Czinege	31.23	1.13.00			1.35.39	
Amy Donnelly	30.57	1.07.05			1.15.84	
Ashley Elder	31.18	1.11.04	1.28.97			
Anna Ferber						
Jessica Gardner	37.94	1.28.81		2.03.00		
Brooke Gibson	29.82	1.04.47			1.13.08	1.15.86
Becky Haden	29.53	1.02.94		1.14.05		
Mary Ismert	29.22	1.02.84			1.18.00	
Libby Keenan	31.47	1.08.88	1.29.72			
Holly Michalka	29.03	1.06.35		1.17.07		
Hayley Nelson	31.16	1.12.44		1.22.43		
Kara O'Neill	28.88	1.04.03		1.15.10		
Eleanor Prewitt-Thomas	28.66	59.68		1.07.55		
Sammy Ramm						
Carolyn Schorgl	29.84	1.06.59		1.22.97		
Emily Schultz						
Alex Sharp	26.84	59.09			1.15.57	
Emily Summers						
Chesney Thompson						
Lisa Tucci	27.65	59.4			1.07.35	
Tracy Tucci	27.82	59.31			1.05.18	
Laura Watson						
Allie Woods	30.68	1.07.48			1.19.00	
Lauren Ziegler	32.64	1.13.60	1.30.52			
Mary Zima						
Kathryn Zalenski	34.1	1.26.07		1.47.10		

2006 Automatic State Qualifying Standards

Event	Yards	Meters
200 Medley	2:03.19	2:17.48
200 Freestyle	2:06.59	2:20.26
200 Individual Medley	2:23.39	2:39.16
50 Freestyle	26.39	29.42
100 Butterfly	1:05.09	1:12.31
100 Freestyle	57.99	1:04.48
500 Freestyle	5:42.79	6:17.06
200 Freestyle Relay	1:49.59	2:02.41
100 Backstroke	1:06.29	1:13.64
100 Breaststroke	1:14.19	1:22.49
400 Freestyle Relay	4:02.99	4:30.69