

# SION

SION STORM SWIM & DIVE ARCHIVES - 2013/14

## Swim & Dive News

The first day of swim/dive practice is Monday, November 18, 2013. Congratulations to the swimmers and divers on a great performance at the MSHSAA State Meet over the weekend placing 20th. Meghan Kearney placed 11th in the 200 IM and 14th in the 100 butterfly. Margaret Brandmeyer placed 9th in the diving while Rebecca Jacobs was 12th. The 200 medley placed 27th and the 200 freestyle relay placed 22nd. Both relays were made up of Meghan, Hannah Spoolstra, Clare McGannon and Paige Jones.

## Notre Dame de Sion 2013-14 Swim & Dive Roster

<b>Freshmen</b>	<b>Sophomores</b>	<b>Juniors</b>	<b>Seniors</b>
Lilliana Capelli	Nathalie Barbeau	Sophie Fisher	Jennifer Bolton
Elizabeth Jackoboice	Lauren Blando	Katherine Glaser	
Paige Jones	Margaret Brandmeyer	Aubrey Horstmeier	
Cameron Koppers	Kristina Hagedorn	Meghan Kearney	
Maddie Marquardt	Rebecca Jacobs	Clare McGannon	
Emma Warren	Erin Mills	Mary Mertes	
	Kate O'Keefe	Lakin Powell	
	Kat Qamar	Megan Sloan	
	Kaitlin Wagner	Hannah Spoolstra	
		Logan Tate	

Managers: Angelina Adams, Allie Cocks, Catie Marx, Abby Jurgeson

Head Swim Coach - Ann Adams  
Head Dive Coach - Steve Robbins  
Assistant Coach - Mary Murphy

## 2013 -14 Automatic State Qualifying Standards

Event	Time (yards)	Time (Meters)
200 Medley	1:58.99	2:12.79
200 Freestyle	2:01.99	2:15.16
200 Individual Medley	2:19.99	2:35.39
50 Freestyle	25.79	28.76
100 Butterfly	1:02.99	1:09.98
100 Freestyle	56.19	1:02.48
500y/400m Freestyle	5:29.39	4:48.94
200 Freestyle Relay	1:45.99	1:58.39
100 Backstroke	1:03.79	1:10.87
100 Breaststroke	1:12.49	1:20.61
400 Freestyle Relay	3:53.99	4:20.66
Diving	Total points of 210 or more on 6 dives with a total degree of difficulty of 12.0 or higher.	

**POOL SIZE:** Please note that the Board of Directors has ruled that performances that take place in pools of distances less than 25-yards or 25-meters shall not be used for state qualification.

## Notre Dame de Sion Swim/Dive Records

Event	Name	Time	Year
200 Medley Relay	Abby Klover, Laura Klover Mary Frances Donnelly, Caroline Gates	1:51.72	2010-11
200 Free	Kristine Sullivan	1:54.83	2011-12
200 IM	Kristine Sullivan	2:06.26	2012-13
50 Free	Kelly Fisher	24:63	1990
100 Butterfly	Chelsey Weatherford	57.93	2007-08
100 Free	Kristine Sullivan	53.75	2012-13
500 Free	Chelsey Weatherford	5:06.30	2007-08
200 Free Relay	Meghan Kearney, Hannah Tutera, Kristine Sullivan, J.T. Nelson	1:41.09	2011-12
100 Back	Laura Klover	59.56	2010-11
100 Breast	Laura Klover	1:08.59	2009-10
400 Free Relay	J.T. Nelson, Hannah Tutera Kristine Sullivan, Meghan Kearney	3:35.14	2012-13
One meter dive	Mary Tutera	378.8	2010-11