

The regular portion of the swim season is now complete. Now comes Sectionals, State and Regionals. All of our hard work this season is paying off. Looking at this past meet, over 90% of our swimmers had time drops. And looking at the Top 10 largest drops and seeing the range from 5.38 seconds to 11.31 seconds, WOW that is amazing. We are peaking at the right time.

The sectional meet is February 10th at the Dubuque YMCA-YWCA. Our warm-ups are from 8:35 until 9:10. The meet will start at 10:00. I would like everyone to be there by 8:15 because I will need to attend a coaches meeting at 8:30 where I will need to scratch swimmers that aren't there. Please call me on my cell phone if for some reason your swimmer is sick or if you are running late.

Reminder that the awards banquet is Sunday, February 24th. It will be at Coolidge Elementary School from 5:00 until 7:00. More information will be distributed in the folders in the near future.

*Paul Below*



### Regional swim meet qualifiers:

For more information on this meet, please go to [www.myas.org](http://www.myas.org). Congrats to:

Bailey Carver 200 Free, 500 Free, 200 IM, 400 IM, 100 Free  
 Lizzie Adams 50 Free, 100 Free, 50 Back, 200 Free, 50 Fly  
 Amanda Jacobsen 50 Free, 50 Breast, 100 Breast, 100 IM  
 Amanda Wiesender 200 IM, 100 Free, 100 Back, 400 IM  
 Samantha Jacobsen 50 Back, 100 Free, 100 Back, 50 Fly, 200 Free, 100 IM  
 Sydney Henderson 50 Fly, 100 IM, 50 Free, 100 Breast  
 Luke Hummell 50 Breast, 100 Breast  
 Derek Myers 50 Fly  
 Kylee Von Ahsen 50 Free, 100 Free, 200 Free  
 Caitlin Sullivan 50 Free  
 Lance Scallon 50 Free, 100 Back  
 Megan Mishmash 50 Fly, 50 Free, 100 Free  
 Tanner Rathjens 50 Free, 100 Back, 50 Back  
 Abby Stonehocker 50 Fly  
 Carly Kenney 200 Free, 100 Breast  
 Kayla Thompson 100 Breast

Janet Jacobsen reserved 15 rooms at the Country Inn & Suites in Roseville for regionals. The address is 2905 Snelling Avenue North and the phone number is 651-628-3500. It's located about 10 minutes north of the university. The group name is Stoney Point Stingrays, Janet Jacobsen. There are 7 double queen rooms and 8 rooms with a king bed and pullout couch for both Friday and Saturday nights. The rate is \$95 per night and includes free breakfast; there is an indoor pool. They will honor this rate if anyone wants to stay longer. Reservations must be made by Feb. 27.



### FEB. 2nd TIME DROPS:

Jaylee Chung 50 Back 4.38 secs.  
 Hailey Sullivan 100 Breast 4.81 secs.  
 DJ Pearson 100 Back 5.36 secs.  
 Laine Hill 100 Back 5.57 secs.  
 Laine Hill 100 IM 6.62 secs.  
 Megan Pearson 50 Fly 6.66 secs.  
 Lizzie Adams 200 Free 7.16 secs.  
 Lizzie Adams 50 Fly 7.75 secs.  
 Hailey Sullivan 100 Back 11.13 secs.  
 Amanda Wiederin 50 Back 11.31 secs.