

MEET SUMMARY # 5

**October 14, 2009 vs. Croton-Harmon / Hendrick Hudson, @ W.C.C.
KENNEDY 85 - CROTON-HARMON / HEN HUD 83 (Won)**

In their closest contested dual meet of the season, the Kennedy Catholic Lady Gaels scored an impressive **85 - 83** victory over the combined Croton-Harmon / Hendrick Hudson squad on Wednesday (10/14/09) evening. Coach Paul Alvarez once again had the team swim the final event (the 400 Freestyle Relay) as an exhibition, as the Lady Gaels had already clinched the win at that point (85-71). Otherwise, the score would have been 87-81. Three of the eleven events (100 Freestyle, 500 Freestyle, 100 Breaststroke) featured spectacularly close finishes.

Kennedy managed to capture first in eight of eleven events. Captain Alexandra Panzarino ('10) had another great meet with four firsts (two individual, two relay). Alex won the 200 I.M. in 2:22.70 and the 100 Butterfly in 1:02.57. She has already qualified for Sectionals in the 200 I.M., 100 Butterfly, 50 Freestyle, 100 Freestyle, and 500 Freestyle, while also aiming for the 100 Backstroke. Victoria Holzinger ('12) made Sectional time in the 100 Backstroke (1:06.87), captured the 200 Freestyle (2:15.73), and was on two first place relays (200 Medley, 200 Free). Lindsie O'Hagan was barely edged out in the dramatic 100 Freestyle (by 0.22 seconds), claimed third in the 200 I.M., and had a relay third and first. Laura Krasniqi ('11) did a wonderful job, winning both the 500 Freestyle (6:39.59) and the 100 Breaststroke (1:20.33, in a photo finish), while equaling Alex with four overall firsts (counting the 200 Medley and 200 Free relays). Ellen McTigue ('13) took the 50 Freestyle (0:27.91), was third in the 100 Backstroke (1:12.70), and had two relay firsts, as well.

Kimberly McCarthy ('13) came in with a strong second in the 100 Butterfly (1:16.81) and grabbed fourth in the 100 Backstroke (1:16.91). Tri-Captain Megan O'Connor ('10) scored in the 200 Freestyle and swam the tough 500 Freestyle despite nagging injuries. Tri-Captain Gabrielle Spalvieri ('11) was fourth in the 100 Freestyle and swam all three relays. Meghan Lenzi ('11) picked up valuable points in both the 500 Freestyle and 200 Free Relay. Jacqueline Tosto ('11) secured a point in the 50 Freestyle and swam the 100 Butterfly. Grace Mante ('12) was fifth in the 200 I.M. and fourth in the 100 Breaststroke, while also contributing to relays. Kelsey Royael ('11) scored in the 200 Free Relay and took on the 100 Breaststroke. Livia Oberem ('13) competed in both the 50 Freestyle and 100 Freestyle, as well as the 400 Free Relay. Kathryn Windas ('10) and Zwana Loehrs ('13) were unfortunately unavailable for this meet.

Kennedy has two makeup meets (due to last Wednesday and Friday's meets being postponed). The Lady Gaels will swim against Yorktown at Copper Beach

Middle School on Friday, October 16th. Next week, they will go up against Putnam Valley on Monday, October 19th and then wrap up the regular season against Fox Lane on Wednesday, October 21st, both meets at the home pool at Westchester Community College. Please come out to WCC to cheer on the Kennedy Catholic Lady Gaels!

200 Medley Relay

1 st)	Kennedy	Victoria Holzinger, Laura Krasniqi Alexandra Panzarino, Ellen McTigue	2:05.30	8
2 nd)	C-H / HH	Tori Braca, Steph Bonifacio, Julie Miller, Jane Brennan	2:10.44	4
3 rd)	Kennedy	Lindsie O'Hagan, Gabrielle Spalvieri, Kimberly McCarthy, Grace Mante	2:19.21	2
4 th)	C-H / HH	Gina Braca, Melissa McMann, Megan Jahoda, Mikela Ryan	2:27.78	
5 th)	C-H / HH	Olivia Alves, Anneli Jacobson, Alli Gofman, Veronica Maisch	2:49.95	

200 Freestyle

1 st)	Kennedy	Victoria Holzinger	2:15.73	6
2 nd)	C-H / HH	Tori Braca	2:19.84	4
3 rd)	C-H / HH	Jane Brennan	2:36.62	3
4 th)	C-H / HH	Mizuki Arai	2:48.71	2
5 th)	Kennedy	Megan O'Connor	2:58.29	1

200 Individual Medley

1 st)	Kennedy	Alexandra Panzarino	2:22.70	6
2 nd)	C-H / HH	Amanda Feigin	2:40.81	4
3 rd)	Kennedy	Lindsie O'Hagan	2:44.23	3
4 th)	C-H / HH	Melissa McMann	2:58.18	2
5 th)	Kennedy	Grace Mante	3:07.50	1

50 Freestyle

1 st)	Kennedy	Ellen McTigue	0:27.91	6
2 nd)	C-H / HH	Megan Jahoda	0:28.74	4
3 rd)	C-H / HH	Julie Miller	0:31.53	3
4 th)	C-H / HH	Mikela Ryan	0:32.95	2
5 th)	Kennedy	Jacqueline Tosto	0:37.30	1
6 th)	Kennedy	Livia Oberem	0:39.40	

Diving

None

100 Butterfly

1 st)	Kennedy	Alexandra Panzarino	1:02.57	6
2 nd)	Kennedy	Kimberly McCarthy	1:16.81	4
3 rd)	C-H / HH	Julie Miller	1:22.49	3
4 th)	C-H / HH	Megan Jahoda	1:28.28	2
5 th)	C-H / HH	Alli Gofman	1:37.45	1
6 th)	Kennedy	Jacqueline Tosto	1:42.96	

100 Freestyle

1 st)	C-H / HH	Steph Bonifacio	1:04.12	6
2 nd)	Kennedy	Lindsie O'Hagan	1:04.34	4
3 rd)	C-H / HH.	Amanda Feigin	1:10.53	3
4 th)	Kennedy	Gabrielle Spalvieri	1:11.39	2
5 th)	C-H / HH	Nina Braca	1:13.65	1
6 th)	Kennedy	Livia Oberem	1:35.12	

500 Freestyle

1 st)	Kennedy	Laura Krasniqi	6:39.59	6
2 nd)	C-H / HH	Jane Brennan	6:40.34	4
3 rd)	C-H / HH	Mizuki Arai	7:43.32	3
4 th)	Kennedy	Meghan Lenzi	7:51.96	2
5 th)	C-H / HH	Olivia Alves	8:16.04	1
6 th)	Kennedy	Megan O'Connor	8:02.23	(?)

200 Freestyle Relay

1 st)	Kennedy	Victoria Holzinger, Ellen McTigue, Lindsie O'Hagan, Alexandra Panzarino	1:53.57	8
2 nd)	C-H / HH	Mikela Ryan, Megan Jahoda, Amanda Feigin, Julie Miller	2:03.42	4
3 rd)	Kennedy	Gabrielle Spalvieri, Kelsey Royael, Meghan Lenzi, Laura Krasniqi	2:25.70	2
4 th)	C-H / HH	Melissa McMann, Anneli Jacobson, Alli Gofman, Veronica Maisch	2:16.24	(?)
5 th)	C-H / HH	Christina Diroma, Natalie Ellison, Samantha Gutierrez, Cassandra Rogers	2:48.53	

100 Backstroke

1 st)	C-H / HH	Tori Braca	1:05.91	6
2 nd)	Kennedy	Victoria Holzinger	1:06.87	4
3 rd)	Kennedy	Ellen McTigue	1:12.70	3
4 th)	Kennedy	Kimberly McCarthy	1:16.91	2
5 th)	C-H / HH	Nina Braca	1:25.47	1
6 th)	C-H / HH	Olivia Alves	1:40.19	

100 Breaststroke

1 st)	Kennedy	Laura Krasniqi	1:20.33	6
2 nd)	C-H / HH	Steph Bonifacio	1:20.30	(?) 4
3 rd)	C-H / HH	Melissa McMann	1:22.59	3
4 th)	Kennedy	Grace Mante	1:35.49	2
5 th)	C-H / HH	Anneli Jacobson	1:37.40	1
6 th)	Kennedy	Kelsey Royael	1:50.96	

400 Freestyle Relay

1 st)	C-H / HH	Amanda Feigin, Jane Brennan, Steph Bonifacio, Tori Braca	4:22.27	8
2 nd)	Kennedy	Gabrielle Spalvieri, Kimberly McCarthy, Meghan Lenzi, Grace Mante	5:04.07	X
3 rd)	C-H / HH	Mikela Ryan, Veronica Maisch, Nina Braca, Mizuki Arai	5:05.24	4
4 th)	Kennedy	Kelsey Royael, Jacqueline Tosto, Livia Oberem, Megan O'Connor	6:13.92	X
5 th)	C-H / HH	Alli Gofman, Samantha Gutierrez, Christina Diroma, Cassandra Rogers	6:20.72	