

MEET SUMMARY # 1

September 16, 2009 @ Keio, at Manhattanville College
KENNEDY 91 - KEIO 70 (*Won*)

The Kennedy Catholic Lady Gaels captured 10 firsts in eleven events to storm to a 91 – 70 victory over Keio in their first dual meet of the 2009 season. The triumph marked the seventh straight season in which Kennedy has defeated Keio. The margin of victory would have been even larger had not Coach Paul Alvarez elected to swim the last two events as exhibitions, as Kennedy had an insurmountable 91 – 48 lead at the time. Otherwise, the final score would have been 105 – 63.

Three Lady Gaels took first in two individual events apiece. Captain Alexandra Panzarino ('10) already made Sectional qualify time in the 100 Butterfly, winning in 1:05.35. Alex also continued her dominance in the 200 I.M., while taking part in two first place relays (200 Medley, 200 Free). Victoria Holzinger ('12) decisively took both the 200 Freestyle and 100 Backstroke, while also grabbing two relay firsts (200 Medley, 200 Free). Freshman Ellen McTigue ('13) proved to be the sprinter that Kennedy has lacked in recent years, as she easily won the 50 Freestyle in 0:27.89 and the 100 Freestyle in 1:03.47.

Besides Ellen, the other two freshmen in the line-up also started their Kennedy careers in fine fashion. Zwana Loehr ('13) took first in the tough 500 Freestyle, while also nabbing a relay second (200 Free) and first (though exhibition, in the 400 Free). Kimberly McCarthy ('13) supported Alex in both her events, taking third in the 200 I.M. and second in the 100 Butterfly.

Tri-captain Megan O'Connor ('10) was second in the 500 Freestyle and was part of the first place 400 Free Relay. The other tri-captain, Gabrielle Spalvieri ('11), took second in the 100 Breaststroke, as well as third in the 100 Freestyle, while also garnering points on two relays (200 Medley – 3rd, 200 Free – 1st). Kathryn Windas ('10) scored in the 50 Freestyle and was part of the first place 400 Free Relay. Meghan Lenzi ('11) was an impressive second in the 200 Freestyle and was on two first place relays (200 Free, 400 Free). Lindsie O'Hagan ('11) had excellent results in both the 50 Freestyle (2nd – 0:27.96) and 100 Backstroke (2nd – 1:18.45), getting narrowly edged out by her teammates in these events. Kelsey Royael ('11) scored in the 200 Medley Relay and took fourth in the 100 Breaststroke.

Although only 11 of 15 Kennedy swimmers were available for the meet, other team members helped out in various ways. Laura Krasniqi ('11) kept score and Jacqueline Tosto ('11) did timing, for example. Hopefully both

girls, as well as Grace Mante ('12) and Livia Oberem ('13) will be eligible for the next meet vs. Ossining.

Coach Paul Alvarez and Assistant Coach Michael Panzarino should be proud of a wonderful team effort. Although the upcoming opponents will be more difficult, there were great signs for the future that came out of the Keio meet.

Kennedy will be away to Ossining at the Ossining Community Center on Friday, September 25, 2009, @ 4:30 PM. Please come out and support your Kennedy Catholic Lady Gaels.

Event 1 – 200 Yard Medley Relay

1 st)	Kennedy	Victoria Holzinger, Lindsie O'Hagan, Alexandra Panzarino, Ellen McTigue	2:10.36	8
2 nd)	Keio	Marina Okuno, Paula Motsenbocker, Megumi Sano, Hanae Narumi	2:22.11	4
3 rd)	Kennedy	Kelsey Royael, Gabrielle Spalvieri, Kimberly McCarthy, Meghan Lenzi	2:32.55	2
4 th)	Keio	Ami Komaki, Minami Kemmochi, Reyna Yamamoto, Chiaki Sugieue	?	DQ

Event 2 – 200 Yard Freestyle

1 st)	Kennedy	Victoria Holzinger	2:22.49	6
2 nd)	Kennedy	Meghan Lenzi	2:58.07	4
3 rd)	Keio	Ayano Saito	3:10.87	3
4 th)	Keio	Mizuki Maeda	3:16.89	2
5 th)	Keio	Harumi Ambe	3:33.41	1

Event 3 – 200 Yard Individual Medley

1 st)	Kennedy	Alexandra Panzarino	2:26.34	6
2 nd)	Keio	Paula Motsenbocker	2:37.97	4
3 rd)	Kennedy	Kimberly McCarthy	2:45.68	3
4 th)	Keio	Megumi Sano	3:14.37	2
5 th)	Keio	Marina Okuno	3:15.41	1

Event 4 – 50 Yard Freestyle

1 st)	Kennedy	Ellen McTigue	0:27.89	6
2 nd)	Kennedy	Lindsie O'Hagan	0:27.96	4
3 rd)	Keio	Hanae Narumi	0:28.35	3
4 th)	Keio	Ami Komaki	0:32.77	2
5 th)	Kennedy	Kathryn Windas	0:35.02	1
6 th)	Keio	Yuuka Kawai	?	

Event 5 – Diving

NONE

Event 6 – 100 Yard Butterfly

1 st)	Kennedy	Alexandra Panzarino	1:05.35	6
2 nd)	Kennedy	Kimberly McCarthy	1:08.01	4
3 rd)	Keio	Megumi Sano	1:34.74	3
4 th)	Keio	Reyna Yamamoto	1:53.57	2
5 th)	Keio	Minami Kemmochi	?	DQ

Event 7 – 100 Yard Freestyle

1 st)	Kennedy	Ellen McTigue	1:03.47	6
2 nd)	Keio	Hanae Narumi	1:06.56	4
3 rd)	Kennedy	Gabrielle Spalvieri	1:09.71	3
4 th)	Keio	Ami Komaki	1:16.30	2
5 th)	Keio	Ayano Saito	1:29.43	1

Event 8 – 500 Yard Freestyle

1 st)	Kennedy	Zwana Loehr	8:10.99	6
2 nd)	Kennedy	Megan O'Connor	8:24.20	4
3 rd)	Keio	Keiko Nakamura	8:42.31	3
4 th)	Keio	Mizuki Maeda	9:06.62	2
5 th)	Keio	Chiaki Sugie	9:30.40	1

Event 9 – 200 Yard Freestyle Relay

1 st)	Kennedy	Victoria Holzinger, Meghan Lenzi, Gabrielle Spalvieri, Alexandra Panzarino	2:00.15	8
2 nd)	Kennedy	Ellen McTigue, Kimberly McCarthy, Zwana Loehr, Lindsie O'Hagan	2:03.04	4
3 rd)	Keio	Paula Motsenbocker, Ami Komaki, Ayano Saito, Hanae Narumi	2:07.92	2

Event 10 – 100 Yard Backstroke

1 st)	Kennedy	Victoria Holzinger	1:09.14	6
2 nd)	Kennedy	Lindsie O'Hagan	1:18.45	4
3 rd)	Keio	Marina Okuno	1:29.82	3
4 th)	Keio	Yuuka Kawai	1:49.42	2
5 th)	Keio	Reyna Yamamoto	2:02.28	1

Event 11 – 100 Yard Breaststroke

1 st)	Keio	Paula Motsenbocker	1:18.99	6
2 nd)	Kennedy	Gabrielle Spalvieri	1:31.90	X
3 rd)	Keio	Harumi Ambe	1:45.77	4
4 th)	Kennedy	Kelsey Royael	1:49.33	X

Event 12 - 400 Yard Freestyle Relay

1 st)	Kennedy	Zwana Loehr, Kathryn Windas, Meghan Lenzi, Lindsie O'Hagan	5:18.50	X
2 nd)	Keio	Megumi Sano, Marina Okuno, Chiaki Sugiue, Ayano Saito	?	8
3 rd)	Keio	Yuuka Kawai, Keiko Nakamura, Mizuki Maeda, Harumi Ambe	?	4