

MEET SUMMARY # 2

September 25, 2009 @ Ossining, at Ossining Community Center)
KENNEDY 72 - OSSINING 96 (Lost)

In their second dual meet of the 2009 season, the Kennedy Catholic Lady Gaels encountered a strong Ossining squad, losing to the "O"s for the second straight year. Despite taking first in six of eleven events, Kennedy came up on the short side of a 96 - 72 final score. Kennedy was bolstered by the return of Laura Krasniqi ('11) and Jacqueline Tosto ('11), but it wasn't enough to overcome a deep and talented Ossining team.

As was mentioned last year when Kennedy swam at the Ossining Community Center, the facility features a 25 meter (rather than yard) pool. Thus, all the times do not directly compare to other meets due to the slightly greater distance. The 500 yard Freestyle is not raced, with the Olympic-like 400 Meter Freestyle appearing in its stead.

Kennedy started the meet strong, winning the 200 Medley Relay (Victoria Holzinger - back, Laura Krasniqi - breaststroke, Alexandra Panzarino - fly, Ellen McTigue - free) in a tight finish. Laura was then bested by Ossining's Lauren Bailey in the 200 Freestyle, before Alex convincingly won the 200 I.M., evening the score at 23 - 23. Ossining then took first-second-fourth in the 50 Freestyle and never looked back.

Alexandra Panzarino ('10) took four firsts. In addition to the 200 Medley Relay, 400 Free Relay, and 200 I.M., she showed her distance skills, taking the 400 m Freestyle by over 23 seconds. Laura Krasniqi ('11) won the 100 Breaststroke in a definitive manner, while being part of the winning 400 Free Relay (plus second place in the 200 Freestyle and 200 Free Relay). Victoria Holzinger ('12) blew away the field in the 100 Backstroke (by over 13 seconds) and swam three relays (200 Medley - 1st, 200 Free - 2nd, 400 Free - 1st).

Gabrielle Spalvieri ('11) took fifth in the 100 Breaststroke and fourth in both the 200 Medley and 200 Free relays. Megan O'Connor ('10) scored in the 50 Freestyle and 400 Free Relay, while also swimming the 400 m Freestyle. Meghan Lenzi ('11) continued to display improvement, scoring in both the 200 Freestyle and 100 Freestyle, while also gaining points in the 400 Free Relay. Jacqueline Tosto ('11) took on the 200 I.M. and the 100 Butterfly. Kelsey Royael ('11) scored in the 100 Backstroke, in addition to swimming the 200 Freestyle and 400 Freestyle Relay (4 points). Lindsie O'Hagan ('11) subbed for Alex in the 100 Fly taking 4th, was third in the 50 Freestyle, grabbed second in the 200 Free Relay, and also swam the 200 Medley Relay. Kathryn Windas ('10) swam all three relays (garnering four points in the 400 Free relay) and swam the 50 Freestyle.

The Lady Gael freshman again made their impact felt at this meet. Ellen McTigue ('13) swam a solid 100 Freestyle, nabbing third, while being part of two first place relays (200 Medley, 400 Free). Kimberly McCarthy ('13) was third in the 200 I.M. and fifth in the 100 Fly, in addition to gaining points on relays (including a 1st place in the 400 Free Relay). Zwana Loehr ('13) finished a solid fourth in the 400 m Freestyle, scored in the 400 Free Relay, and swam the 200 Free Relay.

Kennedy's record is now 1 - 1, but the Lady Gaels have displayed many positives in both meets. Coaches Paul Alvarez and Michael Panzarino, as well as all the Lady Gael swimmers, have worked hard in preparing for this season and the efforts are paying off.

Please check the schedule and come out to see the Lady Gaels swim next week at their home pool at Westchester Community College. The upcoming meets are: Wednesday, September 30, 2009, vs. Peekskill, followed by Friday, October 2, 2009, vs. Lakeland/Panas, both @ WCC, commencing at approximately 5:00 PM.

200 m Medley Relay

1 st)	Kennedy	Victoria Holzinger, Laura Krasniqi, Ellen McTigue, Alexandra Panzarino	2:17.89	8
2 nd)	Ossining	Emma Klein, Sara Lingg, Lauren Bailey, Francesca Davide	2:19.09	4
3 rd)	Ossining	Jule Bols, Wendy Snyder, Hannah Kamen, Vanessa Van	2:33.66	2
4 th)	Kennedy	Lindsie O'Hagan, Gabrielle Spalvieri, Zwana Loehr, Kathryn Windas	2:35.95	
5 th)	Ossining	Pamela Brigleb, Meghan Hooley, Olivia Breglia, Scarlett Ozuna	3:01.26	

200 m Freestyle

1 st)	Ossining	Lauren Bailey	2:28.12	6
2 nd)	Kennedy	Laura Krasniqi	2:44.63	4
3 rd)	Ossining	Hannah Kamen	2:47.95	3
4 th)	Kennedy	Meghan Lenzi	3:12.72	2
5)	Ossining	Maggie Cavanaugh	3:19.42	1
6 th)	Ossining	Kelsey Royael	3:23.24	

200 m Individual Medley

1 st)	Kennedy	Alexandra Panzarino	2:40.50	6
2 nd)	Ossining	Sara Lingg	2:59.76	4
3 rd)	Kennedy	Kimberly McCarthy	3:06.94	3
4 th)	Ossining	Victoria Fried	3:16.27	2
5 th)	Ossining	Mollie DeMaine	3:19.52	1
6 th)	Kennedy	Jacqueline Tosto	4:11.75	

50 m Freestyle

1 st)	Ossining	Emma Klein	0:30.20	6
2 nd)	Ossining	Francesca Davide	0:30.93	4
3 rd)	Kennedy	Lindsie O'Hagan	0:31.00	3
4 th)	Ossining	Vanessa Yan	0:34.60	2
5 th)	Kennedy	Megan O'Connor	0:38.73	1
6 th)	Kennedy	Kathryn Windas	0:40.13	

Diving

None

100 m Butterfly

1 st)	Ossining	Lauren Bailey	1:12.35	6
2 nd)	Ossining	Victoria Fried	1:19.75	4
3 rd)	Ossining	Hannah Kamen	1:20.62	3
4 th)	Kennedy	Lindsie O'Hagan	1:30.84	2
5 th)	Kennedy	Kimberly McCarthy	1:30.82	(?)
		1		
6 th)	Kennedy	Jacqueline Tosto	1:50.62	

100 m Freestyle

1 st)	Ossining	Francesca Davide	1:08.42	6
2 nd)	Ossining	Jule Bols	1:11.29	4
3 rd)	Kennedy	Ellen McTigue	1:12.44	3
4 th)	Ossining	Mollie DeMaine	1:19.92	2
5 th)	Kennedy	Meghan Lenzi	1:25.61	1

400 m Freestyle

1 st)	Kennedy	Alexandra Panzarino	5:05.88	6
2 nd)	Ossining	Wendy Snyder	5:29.10	4
3 rd)	Ossining	Pamela Brigleb	6:05.03	3
4 th)	Kennedy	Zwana Loehr	6:53.15	2
5 th)	Ossining	Emma Preston	7:07.17	1
6 th)	Kennedy	Megan O'Connor	7:13.39	

200 m Freestyle Relay

1 st)	Ossining	Emma Klein, Victoria Fried, Lauren Bailey, Francesca Davide	2:02.71	8
2 nd)	Kennedy	Victoria Holzinger, Laura Krasniqi, Lindsie O'Hagan, Kimberly McCarthy	2:10.46	4
3 rd)	Ossining	Maggie Cavanaugh, Mollie DeMaine, Vanessa Van, Sara Lingg	2:27.13	2
4 th)	Kennedy	Gabrielle Spalvieri, Meghan Lenzi, Zwana Loehr, Kathryn Windas	2:32.02	
5 th)	Ossining	Claudia Guinansaca, Meghan Hooley, Olivia Breglia, Scarlett Ozuna	2:41.47	

100 m Backstroke

1 st)	Kennedy	Victoria Holzinger	1:15.97	6
2 nd)	Ossining	Emma Klein	1:29.03	4
3 rd)	Ossining	Jule Bols	1:29.44	3
4 th)	Ossining	Emma Preston	1:53.84	2
5 th)	Kennedy	Kelsey Royael	1:56.16	1

100 m Breaststroke

1 st)	Kennedy	Laura Krasniqi	1:31.52	6
2 nd)	Ossining	Sara Lingg	1:34.19	4
3 rd)	Ossining	Wendy Snyder	1:35.99	3
4 th)	Ossining	Vanessa Yan	1:41.46	2
5 th)	Kennedy	Gabrielle Spalvieri	1:47.37	1

400 m Freestyle Relay

1 st)	Kennedy	Ellen McTigue, Victoria Holzinger, Kimberly McCarthy, Alexandra Panzarino	4:50.07	8
2 nd)	Ossining	Hannah Kamen, Jule Bols, Wendy Snyder, Victoria Fried	5:02.67	X
3 rd)	Ossining	Olivia Breglia, Mollie DeMaine, Pamela Bringleb, Maggie Cavanaugh	5:56.51	X
4 th)	Kennedy	Zwana Loehr, Megan O'Connor, Kelsey Royael, Meghan Lenzi	6:09.27	4
5 th)	Ossining	Emma Preston, Claudia Guinansacca, Gabriela Verdejo, Scarlett Ozuna	7:09.14	X