

MEET SUMMARY # 3

**September 30, 2009 vs. Peekskill, @ Westchester Community College)
KENNEDY 92 - PEEKSKILL 76 (Won)**

The Kennedy Catholic Lady Gaels improved to **2 - 1** for the 2009 season when they defeated visiting Peekskill High School by a score of **88 - 74** on Wednesday, September 30th. Coach Paul Alvarez had the team swim the final event (the 400 Freestyle Relay) as an exhibition, with the Lady Gaels having a comfortable 28 point lead at that point. Otherwise, the score would have been 102 - 68. The Lady Gaels were bolstered by the return of Grace Mante ('12) and the debut of Livia Oberem ('13), yielding 15 swimmers, the most of any Kennedy squad since 2004.

Kennedy managed to capture first in ten of eleven events (all but the 50 Freestyle). Captain Alexandra Panzarino again showed the way with four firsts (two individual, two relay). Alex had solid times, winning the 200 I.M. in 2:24.32 and the 100 Butterfly in 1:02.61. Lindsie O'Hagan captured both the 100 Freestyle ((1:01.82) and the 100 Backstroke (1:16.87), while also grabbing a relay first (400 Free) and third (200 Medley). Laura Krasniqi was the third Lady Gael to win two individual events, taking the 200 Freestyle (2:27.97) and the 100 Breaststroke (1:21.41), also getting two relay firsts (200 Medley, 200 Free). Victoria Holzinger ('12) won the 500 Freestyle in an excellent 6:11.40 and was on two first place relays (200 Medley, 400 Free).

Ellen McTigue ('13) was barely edged out for first in the 50 Freestyle and was on three first place relays (200 Medley, 200 Free, 400 Free). Kimberly McCarthy ('13) was a strong third in the 200 I.M. and was second to Alex in the 100 Butterfly, while also being on the first place 400 Free Relay. Zwana Loehr ('13) was third in the 50 Freestyle and fourth in the 500 Freestyle, plus contributed to two third place relays. Livia Oberem ('13) scored her first varsity point for Kennedy with a fifth place finish in the 100 Backstroke.

Tri-Captain Megan O'Connor ('10) swam the 400 Free Relay. Kathryn Windas ('10) scored in the 50 Freestyle, as well as the 200 Medley and 200 Free relays. Tri-Captain Gabrielle Spalvieri ('11) was second in the 100 Freestyle and part of third place finishes in both the 200 Medley and 400 Free relays. Meghan Lenzi ('11) had a fine meet, garnering two points (4th) in the 200 Freestyle and three points (3rd) in the 100 Freestyle, with two thirds in the freestyle relays. Jacqueline Tosto ('11) secured a point in the 100 Butterfly and swam the tough 200 I.M. Grace Mante ('12) was fifth in the 100 Breaststroke, while swimming a fine 50 Freestyle exhibition. Kelsey Royael ('11) scored in the 200 Freestyle and swam the 100 Breaststroke.

All in all, the victory over Peekskill was a team effort, with all fifteen swimmers

making important contributions for Kennedy. Coaches Paul Alvarez and Michael Panzarino have to be pleased with the progress and versatility of this years squad.

All the remaining dual meets for the Lady Gaels will be held at their home pool at Westchester Community College. This Friday's meet is against Lakeland/Walter Panas. Please check Sportspak for the schedule for the balance of the season. More importantly, come out in person to WCC to cheer on the Kennedy Lady Gaels!

200 Medley Relay

1 st)	Kennedy	Victoria Holzinger, Laura Krasniqi Alexandra Panzarino, Ellen McTigue	2:09.13	8
2 nd)	Peekskill	Gabby McMillian, Martina Barrionuevo, Nikki Brady, Katie Freed	2:20.70	4
3 rd)	Kennedy	Lindsie O'Hagan, Gabrielle Spalvieri, Kimberly McCarthy, Kathryn Windas	2:24.15	2
4 th)	Peekskill	Isabella Wood, Molly Balow, Natasha Capozzelli, Camila Barrionueva	2:35.89	

200 Freestyle

1 st)	Kennedy	Laura Krasniqi	2:27.97	6
2 nd)	Peekskill	Nikki Brady	2:41.54	4
3 rd)	Peekskill	Kyomi Soto	2:52.01	3
4 th)	Kennedy	Meghan Lenzi	2:59.31	2
5 th)	Kennedy	Kelsey Royael	3:12.30	1
6 th)	Peekskill	Kelly Stevenson	3:05.80	(?)

200 Individual Medley

1 st)	Kennedy	Alexandra Panzarino	2:24.32	6
2 nd)	Pelham	Camila Barrionuevo	2:45.81	4
3 rd)	Kennedy	Kimberly McCarthy	2:46.28	3
4 th)	Pelham	Gabby McMillian	3:03.98	2
5 th)	Pelham	Natasha Capozzelli	3:13.20	1
6 th)	Kennedy	Jacqueline Tosto	3:37.63	

50 Freestyle

1 st)	Peekskill	Katie Freed	0:28.31	6
2 nd)	Kennedy	Ellen McTigue	0:28.81	4
3 rd)	Kennedy	Zwana Loehr	0:33.98	3
4 th)	Peekskill	Molly Balow	0:34.86	2
5 th)	Kennedy	Kathryn Windas	0:35.47	1
6 th)	Peekskill	Theresa D'Angelo	0:38.50	
7 th)	Kennedy	Grace Mante	0:32.66	X
8 th)	Kennedy	Livia Oberem	0:41.61	X

Diving

None

100 Butterfly

1 st)	Kennedy	Alexandra Panzarino	1:02.61	6
2 nd)	Kennedy	Kimberly McCarthy	1:21.64	4
3 rd)	Peekskill	Nikki Brady	1:26.37	3
4 th)	Peekskill	Dyani Sanchez	?	2
5 th)	Kennedy	Jacqueline Tosta	1:35.23	1
6 th)	Peekskill	Natasha Capozzelli	1:36.80	

100 Freestyle

1 st)	Kennedy	Lindsie O'Hagan	1:01.82	6
2 nd)	Kennedy	Gabrielle Spalvieri	1:15.11	4
3 rd)	Kennedy.	Meghan Lenzi	1:18.69	3
4 th)	Peekskill	Hadil Shannik	?	2
5 th)	Peekskill	Isabella Wood	1:29.09	1
6 th)	Peekskill	Katie Freed	1:05.48	(?)
7 th)	Peekskill	Kelly Stevenson	?	X

500 Freestyle

1 st)	Kennedy	Victoria Holzinger	6:11.40	6
2 nd)	Peekskill	Camila Barrionuevo	6:51.06	4
3 rd)	Peekskill	Martina Barrionuevo	7:20.45	3
4 th)	Kennedy	Zwana Loehr	?	2
5 th)	Peekskill	Kyomi Soto	?	1

200 Freestyle Relay

1 st)	Kennedy	Laura Krasniqi, Lindsie O'Hagan, Ellen McTigue, Victoria Holzinger	1:56.82	8
2 nd)	Peekskill	Gabby McMillian, Molly Balow, Natasha Capozzelli, Dyani Sanchez	2:15.00	4
3 rd)	Kennedy	Gabrielle Spalvieri, Meghan Lenzi, Zwana Loehr, Kathryn Windas	2:45.15	2
4 th)	Peekskill	Brianne Kane, Hannah Stern, Kyomi Soto, Theresa D'Angelo	3:00.00	

100 Backstroke

1 st)	Kennedy	Lindsie O'Hagan	1:16.97	6
2 nd)	Peekskill.	Gabby McMillian	1:23.36	4
3 rd)	Peekskill	Isabella Wood	1:33.09	3
4 th)	Peekskill	Brianne Kane	?	2
5 th)	Kennedy.	Livia Oberem	2:03.45	1

100 Breaststroke

1 st)	Kennedy	Laura Krasniqi	1:21.41	6
2 nd)	Peekskill	Martina Barrionuevo	1:26.61	4
3 rd)	Peekskill	Molly Balow	1:31.64	3
4 th)	Peekskill	Hadil Shannik	?	2
5 th)	Kennedy	Grace Mante	1:36.73	1
6 th)	Kennedy	Kelsey Royael	1:48.67	

400 Freestyle Relay

1 st)	Kennedy	Ellen McTigue, Victoria Holzinger, Kimberly McCarthy, Alexandra Panzarino	4:22.92	X
2 nd)	Peekskill	Nikki Brady, Camila Barrionuevo, Martina Barrionuevo, Katie Freed	4:53.32	8
3 rd)	Kennedy	Zwana Loehr, Megan O'Connor, Gabrielle Spalvieri, Meghan Lenzi	5:28.52	X
4 th)	Peekskill	Kyomi Soto, Dyani Sanchez, Isabella Wood, Gabby McMillian	5:48.10	4