

Newark's House state diving champ

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Newark junior Ali House has dominated Section V the last two years. On Friday, she dominated New York state.

A year after finishing runner-up in the state competition, House jumped up that all important spot to become the girls state diving champion at Ithaca College.

House admitted she felt the nerves of trying to win a state championship leading up to the meet, but once she got in the pool, she was able to concentrate on her dives. She said she uses something a little quirky to distract herself in between dives.

"It may sound silly but I have coloring books and listen to music until it's my turn," House said.

House led a dominating Section V performance that included the top three spots, and six of the top eight divers.

"This is unprecedented. I've been going to these events for 34 years and I've never seen anything like this before," said Section V swimming coordinator Norm Schueckler.

Senior Katie Applin (Dansville) placed second and junior Erin Norton (Victor) took third.

Applin also came back this year to improve on her place in 2014.

"I finished sixth last year and I went into (states) wanting to get top three," Applin said. "I doubled up on the practices this year and the last couple weeks I felt

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ADRIAN KRAUS/AKOPHOTO

Newark's All House performs a dive on her way to first place Friday in the state diving championships at Ithaca College.

House

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like I was pretty consistent."

Applin said she will continue to dive in college for Akron, which is a Division I program.

House said she knew her stiffest challenge would come from within her own section but the competition is welcomed.

"It can be pretty competitive sometimes, but it's a good competitive," said House. She also summed up Section V's day by saying, "We destroyed it today."

The swimming preliminaries were also held Friday, with the finals on Saturday at Ithaca.

Pittsford's Katie Smith broke her own state record that she set at sectionals two weeks ago in the 50-yard freestyle. She swam an automatic All-American time of 22.72 seconds. Two Pittsford relay teams recorded automatic All-American times in prelims.

Section V results

Diving championships: 1. House (Newark) 509.40; 2. Applin (Dansville) 491.25; 3. Norton (Victor) 483.15; 5. Serica Hallstead (Canandaigua) 466.35; 7. Elena Rohr (Irondequoit) 450.20; 8. Colette Anikwue (Letchworth) 448.25; 11. Hannah Butler (Brighton) 439.25; 19. Maddy Schaffer (Pittsford) 401.05; 20. Sydney Sarkis (Pittsford) 399.20.

Swimming preliminaries

200 medley relay: 8. Pittsford (Stephie Riley, Sarah Minnigh, Megan Deuel, Sarah Smith) 1:49.48; 10. Victor (Abby Fenn, Mia Baggett, Natalie Zaravella, Caroline Wood) 1:49.64; **200 freestyle:** 2. Lindsay Stone (Pittsford) 1:51.12, 3. Emma Corby (Pittsford) 1:52.47; **200 IM:** Zaravella (Victor) 2:07.53; **50 freestyle:** 1. Katie Smith (Pittsford) 22.72^{^**}, 4. Becca Evans (Pittsford) 23.76, Toni Naccarella (Penfield) 24.16, 9. Bailey Klafehn (Hilton) 24.17; **100 butterfly:** 6. Corby (Pittsford) 57.08, 8. Evans (Pittsford) 57.35; **100 freestyle:** 3. Smith (Pittsford) 51.25, 8. Klafehn (Hilton) 52.29; **500 freestyle:** 1. Stone (Pittsford) 4:52.70; **200 freestyle relay:** 1. Pittsford (Evans, Corby, Stone, Smith) 1:34.75^{**}, 6. Penfield (Charlotte Jarvis, Serafina Viola, Naccarella, Bridgette Merriman) 1:39.00; **100 backstroke:** 12. Grace Chen (Fairport)



ADRIAN KRAUS/AKOPHOTO

Victor's Erin Norton performs a dive during her third-place finish in the girls state diving championships Friday.

57.56; **100 breaststroke:** 4. Grace Baumer (Honeoye Falls-Lima) 1:04.78, 8. Zaravella (Victor) 1:05.60; **400 freestyle relay:** 1. Pittsford (Stone, Corby, Evans, Smith) 3:28.71^{**}; 10. Rush-Henrietta (Alicia Shenal, Lucia Berkhof, Maddie Kirch, Katie Burns) 3:37.75. [^]-state record; ^{**}-Automatic All-American